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7400 WAUKEGAN RD, NILES, IL 60714 THURSDAY, DECEMBER 10, 1998 VOL. 42, NO. 24

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Car chase ensues after CIB Bank robbery; ends one block from Niles Police Station

Niles police capture bank robbery suspects

by Rosemary Tirio

In a year plagued by holdups at supermarket and storefront banks, quick response by a teller at the CIB Bank and Niles police led to the capture of two Chicago brothers after a short but dramatic car chase that ended in the 7400 block of Waukegan Road just a block from the Niles Police Department.

Leo Paschal, 40, and Mottio Paschal, 34, both of the same South Eggleston Avenue address on Chicago's South Side, were taken into custody after the tan Cadillac they were driving was curbed by Niles police units just moments after Leo Paschal left the bank with a reported $5,673 in cash.

The alleged robber entered the bank in the Dempster Plaza Shopping Center, 8720 W. Dempster Street, shortly before 2:29 p.m. He handed a teller a paper bag on which a note demanding all the money in the teller's drawer had been written.

The teller was in the process of complying with the demand, placing the cash from her drawer on the counter in front of her, when an adjacent teller noticed that the victim teller wasn't even counting the money, became suspicious, moved over to investigate and tripped the silent alarm alerting police to the robbery in progress.

In the meantime, Leo Paschal placed the cash in the bag and exited the bank entering the described vehicle which then fled the scene. A police bulletin describing the vehicle and its occupants was broadcast, and minutes later, the offenders were observed driving southbound on Milwaukee Avenue near Oakton Street.

Although the broadcast description of the fleeing auto was slightly inaccurate, Niles police officer Jim Elenz assumed the close description matched the suspect vehicle and the three occupants and gave chase, according to Sgt. Roger N. Wilson, Niles Police Public Information Officer.

The vehicle turned left onto Oakton Street proceeding south on Waukegan Road, ironically heading straight for the Niles Police Department.

However, before reaching the intersection with Milwaukee Avenue, the suspect vehicle was curbed by numerous Niles police cars that had joined the chase.

An employee in a building in the 7400 block of Waukegan Road witnessed the whole event from her office window .

"I heard loud sirens and looked out the window," the witness said. Soon she saw four or five police squads chasing a car and trying to hit it. The cars were traveling southbound on Waukegan Road. Two police cars traveling westbound on Niles Terrace soon joined the fray, as did an un-

Continued on Page 54

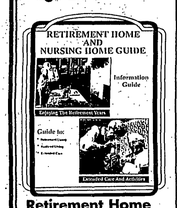
Quick action by Niles police prevents robbers' escape

Bugle photo by Don Angelo

Shown above are Niles Police Department officers handcuffing one of the bank robbery suspects (on ground) after being captured in front of 7400 Waukegan Road. Aided by the quick response of a teller at the CIB Bank, two Chicago brothers were captured after a short chase through the village. The robbers were surrounded by Niles police squads, two of which hit the fleeing vehicle in order to curb it. The undisclosed amount of cash stolen from the bank was recovered by police. (More photos on Page 24).

INSIDE:

HOLIDAY GIFT GUIDE Page 25



Retirement Home And Nursing Guide Special Section Page 33

Community Calendar Page 11

Chanukah Greeting Page 16

Ribbon cutting set for Niles Fitness Center

Join the Niles Village Board for a ribbon cutting ceremony at 9 a.m., Monday, December 14, in front of the Senior Center, 999 Civic Center Drive.

The Human Services Department will be open to the public on Monday, Dec. 14. The new Fitness Center is tentatively set to open to the public on Saturday, Dec. 19.

For further information call Abe Selman or Ghida Sahyouni at 847-588-8000.

Heinen to run for sixth term on Niles Park Board

by Rosemary Tirio

Park District Commissioner Elaine Heinen has announced her candidacy for a sixth term on the Niles Park Board.

Heinen, who will complete her fifth term and 20th year on the Board next year before the April 13, 1999, election, said she has already collected 600 signatures, four times the 150 signatures required. Candidacy petitions with signatures must be filed between Jan. 25 and Feb. 1 of next year.

Heinen has served as president of the board for five two-year terms, and was also voted vice-president for five terms.

Skokie mayor resigns after 11-year term

After overseeing several large municipal projects, including a major overhaul of the Old Orchard Shopping Center, Skokie Mayor Jacqueline Gorell told the assemblage at Monday's Village Board meeting that it is time for her to step aside.

The surprise announcement came in the 11th year of Gorell's tenure, which also saw the building of the North Shore Center for the Performing Arts and the beginning of an innovative flood-relief program.

Gorell said she plans to spend time traveling and being a better grandparent after she retires from office.

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BUFFET MENU

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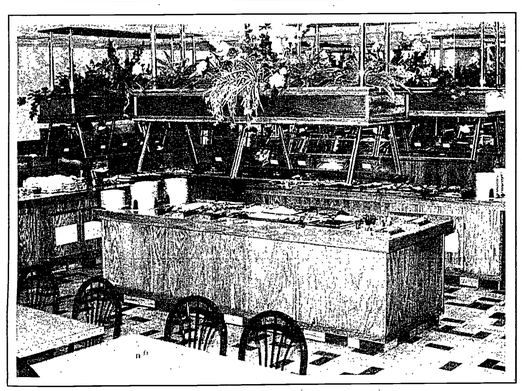
2. Fried Fish, Fried Shrimp
3. Fried Scallops
4. Chicken Ball and Shrimp Ball
5. Egg Roll, Shrimp spring Roll
6. Dumpling
7. Chicken Wings
8. Chicken on Stick
9. Crab Rangoon
10. Bar-B-Q Chicken
11. Fried Rice (Shrimp, Pork, Chicken)
12. Chow Mein
13. Chop Suey
14. Lo Mein
15. Chow Mei Fun (Rice Noodles)
16. Egg Foo Young
17. Pepper Steak with Onion
18. Moo Goo Gai Pan
19. Chicken or Beef Broccoli
20. Beef, Chicken or Pork with Chinese Vegetable
21. Sweet & Sour Chicken
22. Roast Pork, Chicken, Beef with Bean Sprout
23. Buddhist Delight
24. Cocktail Shrimp
25. Peking Pork Chop



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★ 27. Szechuan Chicken Beef or Pork
★ 28. General Tso's Chicken
29. Four Seasons
30. Happy Family
31. Sesame Chicken
32. Orange Chicken
★ 33. Chicken, Pork or Beef w. Garlic Sauce
★ 34. Hot & Spicy Shredded Beef
35. Shrimp w. Lobster Sauce
36. Chicken or Shrimp w. Cashew Nut
★ 37. Szechuan Tofu
38. Chicken or Shrimp w. Almond Ding
39. Fried String Beans
40. Seafood Delight
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State Sen. Marty Butler dies of heart attack at 74

by Rosemary Tirio

State Senator and former longtime mayor of Park Ridge Martin J. "Marty" Butler died of a heart attack at Lutheran General Hospital Dec. 1 at the age of 74.

A resident of Park Ridge since 1953, Mr. Butler's home was located under an O'Hare flight path, which prompted him to champion the plight of northwest suburban homeowners plagued by airport generated noise pollution.

During his 18 year term as mayor, Mr. Butler fought against O'Hare expansion, butting heads with several Chicago mayors in the process. He also chaired the Suburban O'Hare Commission and its predecessor from 1975 until 1992. The SOC is a coalition of suburban officials fighting runway and flight expansion at O'Hare.

Mr. Butler's long and varied career in public service was centered on preserving the small-town character of Park Ridge. He steadfastly resisted the encroachment of hotels, offices and factories attracted by the town's proximity to the airport.

After serving as Park Ridge mayor for 18 years from 1973 to 1991, Mr. Butler, a Republican, was appointed to a vacant Senate seat representing the 28th District in 1991. He was 66 at the time of his appointment, and won reelection last November.

State Senator Martin J. Butler

Among the committees he served on and chaired were the Senate Local Government and Elections (chair) and the Education and Financial Institutions committees.

Mr. Butler's final legislative act was sponsorship of a bill to require monitoring of air pollution at O'Hare.

A close friend of Senate President James "Pate" Philip, Mr. Butler is remembered by friends and associates for his integrity, affable manner and unflinching concern for the quality of life of his constituents.

Mr. Butler is survived by his wife, two daughters and four grandchildren. Funeral services were held Saturday, Dec. 5 at Mary Seat of Wisdon Church in Park Ridge. Interment was at the Town of Maine Cemetery.

Residents alarmed by faulty blood screening report

Area transfusion recipients were alarmed by recent news reports that some blood screened at the New York Blood Center between June 1994 and December 1996 was improperly tested for viruses such as HIV and hepatitis before being sent out to hospitals throughout the country.

A spokesperson for Glenview-based LifeSource Blood Services said their office had received at least 400 calls in response to the public-health announcement released last week.

Officials at Lutheran General Hospital have also received calls regarding the untested blood, according to Cindy Castronovo, hospital spokesperson. "It wasn't an issue here at Lutheran General," Castronovo said, "because we didn't receive any of that blood. We use a different supplier, LifeSource, and none of LifeSource's blood was affected."

Concerned patients are being directed to call the New York Blood Center's toll-free number, 877-962-5663, to find out if their hospital received any of the blood from that lab.

Santa's Calling

Santa not only makes visits, but phone calls too! Lite up your child's eyes - and ears, with a personalized phone call from Santa and his reindeer. Calls will be made on Wednesday, December 16 between 5:30 and 7:00 p.m. Please register by Monday, December 14. Stop by the Howard Leisure Center to pick up a Registration form.

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Local township official attends annual Educational Conference

Gary K. Warner was among the nearly 12,000 delegates and guests that attended the 1998 Annual Educational Conference sponsored by the Township Officials of Illinois (TOI).

The keynote speaker was Professor Michael Bakalis of Northwestern University. Dr. Paul Green, Director of the Institute of Public Policy, Governor's State University, was also a featured speaker.

General and divisional sessions of the 91 year old organization were designed to give delegates a new insight into laws affecting township government, the duties of township officials, and reports on legislation affecting Illinois' townships. Also included this year were workshops on working with the media, preparing for the 2000 census, coping with difficult people, planning of urban townships, complying with parliamentary procedure, and forming a youth agency.

The association (TOI) is comprised of nearly 12,000 officials from 1,433 townships in 85 counties across Illinois. Member townships receive legislative representation, information concerning legislative activities, information and advice on the many aspects of township operations, educational programs and publications, and ideas on how to further serve the residents of Illinois townships. TOI also acts as a clearinghouse for information for both state and federal legislators. Maine Township is an active memeber of TOI.

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Food donations needed for holidays & beyond

Anyone seeing several skids of food being carried into Maine Township Town Hall last week would think there was enough food for the following year. Yet, the truth is that most of the food stocks on the Township's Emergency Food Pantry shelves will be gone by the first of the year, according to Marsha Warnick, Township Director of General Assistance. "The holidays are especially draining on our food pantry, and we desperately need more donations," said Warnick. "For many families, the weeks following the holiday season are the hardest, not just economically, but emotionally as well. We need to keep asking for donations after those few weeks of generous giving."

Warnick points out that cash donations to the Food Pantry are welcome as well. "We use those to purchase the foods needed to round out the boxes of food our volunteers pack each week," she explained. "We can actually buy the types of food items that aren't normally donated, and pack a well balanced and nutritional collection of food for our needy families."

A Maine Township Highway Department crew along with Highway Commissioner Robert Provenzano were on hand at the ALDI food store in Niles to load and unload several skids of food purchased for the holiday season. "Every cent of donated funds goes toward buying food," added Warnick. "That's because we don't pay any salaries or expenses from cash donations. It all goes toward food."

As always, food donations can be dropped off, or checks should be made out to "Maine Township Emergency Food Pantry," which is housed in Maine Township Town Hall, 1700 Ballard Road, Park Ridge, IL 60068. Donations, of course, are tax deductible.

For additional information on Emergency Food Pantry needs, contact Marsha Warnick at 847-297-2510.

Des Plaines Camera Club

The Des Plaines Camera Club will hold its inter-club Monthly Slide and Print Competition on Monday, December 14th at 7:30 p.m. The Club now meets at the Leisure Center in the Conference Room. The Center is located at 2222 South Birch in Des Plaines.

A brief business meeting is held prior to the Competitions. Members may submit four color slides and/or prints. There are several categories for both color and monochrome (black & white) photographs. The submissions will be judged by a panel of three judges from local camera clubs.

The Des Plaines Camera Club meets twice monthly on the second and fourth Monday, September through May at 7:30 p.m. Refreshments are served.

Guests are always welcome. Whatever your level of interest in photography, you are cordially invited to attend a meeting. For additional information regarding the Club, you are encouraged to call (847) 255-2825 or (847) 824-5926, or check out the Des Plaines Camera Club's website at www.ChicagoTribune.com/link/dpcamera.

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Whose birthday is it, anyway?

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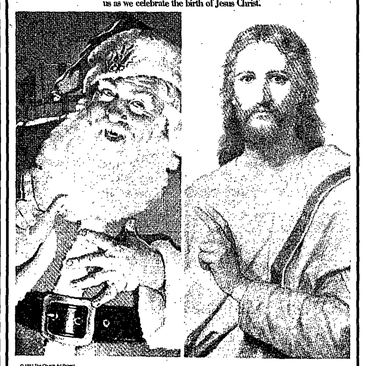

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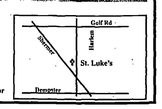

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Imagine going hungry during holidays

While most northwest suburban families worry about how to recover after a big holiday feast with relatives and friends, there are literally hundreds of families that, according to Maine Township Director of General Assistance Marsha Warnick, "...desperately need food, not just for today, but for the coming holidays as well."

"Imagine an empty refrigerator, no money, and feeling there is no place to go for help," says Warnick. "Imagine that you also have children to feed, and how a feeling of hopelessness can grow. Then imagine how you'd feel when you discovered there were people in your community that can help. Now that's a feeling worth donating to."

Warnick says that last month, over 250 township residents had been designated to receive Thanksgiving food baskets this year, and that the expected need for the Christmas holidays has already exceeded 300 requests for help. "Fortunately we've been blessed with many volunteers to help pack food baskets," said Warnick. "In addition to our regular senior volunteers from Des Plaines, Niles, Park Ridge and Glenview, our Thanksgiving baskets were also packed by high school student volunteers from both Maine East and Maine South."

"We're at the time of year when it's important for all of us to help," said Warnick. The Maine Township Emergency Food Pantry is in need of donations of cash and nonperishable food items which include: Cereal, Canned chunky soups, Jelly, Sloppy Joe sandwich sauce, Canned Pork & Beans, Canned Fruit, Canned vegetables, Cake mixes, Ravioli, Spaghettios, and Canned stews. Other needs include: Canned juices, peanut butter, pasta sauces and pasta, dry milk, rice, crackers, stuffing mix, oatmeal, jello, hamburger and tuna helper, macaroni & cheese, chili and canned meats.

Checks should be made out to "Maine Township Emergency Food Pantry," and food donations can be dropped off at Maine Township Town Hall, 1700 Ballard Road, Park Ridge, IL 60068.

For additional information on Emergency Food Pantry needs, contact Marsha warnick at 847-297-2510.

That's a lot of commercials

Between the ages of 2-17, kids average 15,000-18,000 hours of TV watching, which has been associated with childhood obesity. That's equal to three years of their waking lives.

Knights of Columbus honor deceased members

On November 18 the North American Martyrs Council 4338, Knights of Columbus, hosted their annual memorial mass at St. John Brebeuf Church, Niles. The special ceremony, attended by over 250 people, honored the department members and members of the council's family. Past Grand Knight Carl Ferina, would like to thank the many folks that attended this solemn event. He also offers his special thanks to the members of the honor guard, the participants and St. John Polish Group.

Past Grand Knight Irv Blaszynski thanks the 150 members & family members for attending the council's recent 'Turkey Night.' Their participation helped make the event a big success. Along with presenting 24 turkeys to attending members, Irv oversaw the special raffle - where all funds are turned over to charities to provide Christmas presents. Grand Knight Rich Zaprzalka thanks Carl & Ann Ferina and Irv & Lucille Blaszynski for their coordination of both these special events. Rich offers his congratulations to the winners and hopes everyone has happy & healthy holidays.

USE THE BUGLE

Niles VFW special offer

Niles VFW Post #7712 offers first year dues free to those veterans who qualify with the following current overseas military duty as specified below:

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Somalia-Operation Restore Hope
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Haiti Operation Democracy
16 Sept. 1994
31 Mar. 1995

Operation Southern Watch (Saudi Arabia, Kuwait, Iraq, Arabian Gulf, Red Sea)
01 Dec. 1995
Indeterminate

Bosnia-Operation Joint Endeavor
20 Nov. 1995
20 Dec. 1996

Operation Joint Guard
20 Dec. 1996
Indeterminate

Navy & Marine Corps Expeditionary Medal Panama - (Post Invasion)
01 Feb. 1990
13 June 1990

Liberia (Operation Sharp Edge)
05 Aug. 1990
21 Feb. 1991

Rawanda (Operation Distant Runner) (11th Marine Expeditionary Unit USS Peleliu)
07-18 Apr. 1994

Southwest Asia Service Medal (Operation Desert Shield/ Operation Desert storm) Combat Areas of Operation Only
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30 Nov. 1995

Personnel Assigned to Support Units Serving in Israel, Egypt, Turkey, Syria, Jordan
17 Jan. 1991
30 Nov. 1995

For more info. call: Cmdr. Tom Davidson - 352-5316 or Q.M. Walt Beusse - 967-7515.

Family Planning Class offered at Resurrection

A natural family planning class wil take place at Resurrection Medical Center, 7435 West Talcott Avenue, on December 22 at 7 p.m. in the Mother Hedwig Room on the ground floor.

Leading the class will be Sharon Dausman, Coordinator of Natural Family Planning for the Archdiocese of Chicago. Dausman will provide instruction in the ovulation and sympto-thermal methods of natural family planning, which are medically safe, inexpensive and effective means to avoid or acheive pregnancy.

Fee for the class is $50. For more information or to register, contact Dausman at 312-751-8351.

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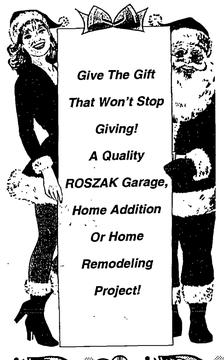

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Skokie
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*Hearing aids cannot restore natural hearing. Individual experiences vary depending on proper fit, severity of hearing loss, accuracy of evaluation, and ability to adapt to a hearing aid. Only your Miracle-Ear® representative can tell you if the Messenger™ hearing aid may be right for you.

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2D Marine Division to celebrate 58th anniversry

The Commanding General of the 2d Marine Division invites veterans of this renown combat division to attend the military events and ceremonies in honor of its founding. These events will take place at Camp Lejeune, North Carolina. The 2d Marine Division was founded in 1941, a year before America's entry into a global war.

Veterans of all ages who served with the division are welcome guests at Camp Lejeune for this anniversary whether they fought in the Solomon Islands in the first American offensive of World War II, or whether they served in combat fighting their way into Kuwait City in 1990, or if they served at any time since the Division's founding.

The Second Marine Division Association is the organization that represent the veterans. To join this association and participate in the anniversary celebration please contact the Association's Headquarters office:

Second Marine
Division Assocation
P.O. Box 8180
Camp Lejeune, NC 28547
Attn: Col. C.W. Van Horne, USMC Ret.
Tel: (910) 451-3167.

The membership dues are $15 Yearly.

Eugene Leonard

Navy Chief Petty Officer Eugene P. Leonard, a 1969 graduate of Notre Dame High School of Niles, recently returned to his home port of Pearl Harbor, Hawaii, after a six-month deployment to the Western Pacific Ocean and Arabian Gulf aboard the guided missile cruiser USS Port Royal.

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Light Up the Holidays Concert

The Evanston Symphony Orchestra and the Melodeers Chorus present 100 acapella voices and 70 instrumentalists favorite holiday music. The evening includes a sing-along and a reception with Santa. A delight for families and friends of all ages on Sunday, Dec. 13, 7 p.m. at Pick-Staiger Concert Hall, Northwestern University, Evanston. Tickets are $18 and $12. Call 1-800-ACA-PLLA for reservations.

Apollo third graders have a feast

Apollo's third grade will again be celebrating America's traditional Thanksgiving feast on November 23rd. Ms. Judy Hennig, District 63's Curriculum Director, will be dressed as a Pilgrim and will explain to all third grade students what the first Thanksgiving was like. Mr. Maldonado, Apollo's principal, will be reading a story about Thanksgiving as well. Following will be a dinner celebration with the help from students' families and teachers: Mrs. Bonnike, Mrs. Bryant, Ms. Carow, and Mrs. Katzman. A big thanks to Marriott Corporation for furnishing the turkey and all the trimmings.

Jason W. Repple

Navy Seaman Jason W. Repple, son of Wesley M. and Kathleen E. Repple of DesPlaines, recently participated in Exercise Valiant Usher while serving aboard the amphibious assault ship and flagship USS Belleau Wood, the lead ship of the USS Belleau Wood Amphibious Ready Group (ARG).

The 1996 graduate of Maine West High School joined the Navy in September 1996.

LEGAL NOTICE

Please Take Notice

VILLAGE OF MORTON GROVE
Cook County, Illinois
1999 HAULING OF MIXED FILL FROM THE PUBLIC WORKS FACILITY
INVITATION FOR BIDS

NOTICE IS HEREBY GIVEN by the President and the Board of Trustees of the Village of Morton Grove, Cook County, Illinois, that sealed bids will be received for the "1999 Hauling of Mixed Fill from the Public Works facility."

Bids will be received up to the hour of 10:30 a.m. Local Time, on the 6th day of January, 1999, at the office of Director of Public Works, at the Public Works facility, 7840 Nagle Avenue, Morton Grove, Illinois, and will be publicly opened and read at that time.

The bidding forms and documents are available at the Office of the Superintendent of Public Works, Village of Morton Grove, Illinois. Bids must be submitted on the forms provided.

The Director of Public Works has the right to refuse to issue specifications and proposals to any person, firm, or corporation that he considers to be unqualified.

The right to waive any irregularity and to reject any or all bids is reserved to the President and Board of Trustees of the Village of Morton Grove.

Dated at Morton Grove, Illinois, this 10th day of December 1998.

David Erb
Finance Director
Village of Morton Grove

POLICE

Continued from Page 24

Counterfeit bill

A 40-year-old Glenview woman attempted to make a purchase at a retail store at 220 Golf Mill around 2:45 p.m. Dec. 5 using a $100 bill which, when examined by the store's loss prevention agent, proved to be counterfeit. Police were contacted and confirmed that the bill lacked a security thread, watermark and microprinting and was indeed counterfeit.

The suspect had no other counterfeit bills in her possession, and she told police she obtained the bill when she made a withdrawal from a Glenview bank Dec. 1. She was not charged in the incident. Police will forward a report of the incident to the Secret Service agency in Chicago.

Burglary

A 30-year-old network technician reported that he left his house in the 8500 block of Ottawa around 6:30 p.m. Dec. 4 and that when he returned in an hour, he found the front door ajar. Upon entering, he observed that the house had been entered by unknown person(s) and he notified police.

Police found that entry was made through a south door by means of a pry-type tool. The kitchen cupboards, a north bedroom and a hall closet were ransacked. A ring valued at $450 and $60 cash were reported missing by the victim. Police are investigating.

Stop Crime!

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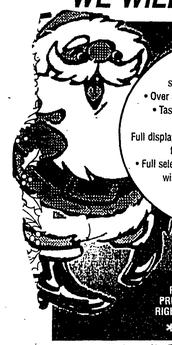

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Community Calendar

BABYSITTING

Dec. 29-30 & Feb. 20

Baby-sitting course

Lutheran General Hospital will offer an American Red Cross baby-sitting course for young people ages 11 and above who want training as American Red Cross baby-sitters. Participants will learn baby-sitting basics such as handling emergencies, rescue breathing, preventing accidents, understanding parents instructions, and caring for children of different ages. The eight hour class it offered Tues., and Wed., Dec. 29 and 30, 9 a.m.-1 p.m., and Sat., Feb. 20, 8 a.m.-4 p.m. Fee is $40. Call Health Advisor, 1(800) 3-ADVOCATE, to register. All classes are held at Lutheran General Hospital, 1775 Dempster, Park Ridge.

ENTERTAINMENT

Sat., Dec. 12

Bob Love

Meet former Chicago Bull Bob Love on Dec. 12 at Au Sports, 5129 W. Dempster, Skokie. (847) 679-8310. Bob Love will sign autographs and greet his fans from noon until 2 p.m. Photos will be available at Au Sports. Or, bring in your own memorabilia to be signed. First autograph is free. Each addition is $2.

Sun., Dec. 13

Symphony Orchestra Concert

The Northwest Chicago Symphony Orchestra, conducted by Professor Michael Holian, will celebrate the holiday season with a concert at Wright College South, 3400 N. Austin Ave., on Sun., Dec. 13, at 3 p.m. This Performance Series concert, sponsored by the Wright College Cultural Events Committee, is free. You are invited. Ample parking is available. For more current information, call the Wright College Music Department, (773) 481-8863, and ask to be placed on the Cultural Events Mailing List.

Mon., Dec. 14

Jazz Ensemble Concert

The Wright College Community Jazz Ensemble, directed by Rich Corpolongo, will celebrate the holiday season with a concert on Mon., Dec. 14, beginning at 7:30 p.m. at Wright College North, 4300 N. Narragansett Ave. This Performance Series event, free to the public, is sponsored by the Wright College Cultural Events Committee. For more information, call the Music Department at (773) 481-8863. You are invited.

Fri., Dec. 18

Songs For A Winter's Night II

Critically acclaimed singers and instrumentalists, Jamie O'Reilly, Michael Smith & Peter Swenson return to Friendship Concert Hall, Kolpin and Algonquin Rds., Des Plaines on Friday, December 18, at 8 p.m. with their annual concert for the holiday season. Any Good Thing to make Us All Merry: Songs For A Winter's Night II will feature the songs of award-winning songwriter Michael Smith, favorite a Capella carols of Christmas, Celtic songs and folk songs from around the world. Produced by the Mt. Prospect Park District, the Friendship Concert Series presents top national performers in an intimate, 250-seat, acoustically ideal setting. The series feautes folk, jazz, pop and classical music, as well as occasional theatrical and comedy performances, open to all ages.

Dec. 18-19

Wayne Newton's Christmas Show

This Christmas get into the "Holiday Spirit" with Wayne Newton and Pheasant Run. This world-class entertainer will be performing two exciting concerts at Pheasant Run Resort on Fri., Dec. 18, 8 p.m. and Sat., Dec. 19, 9:30 p.m. Tickets start as low as $30. Special Holiday Dinner and overnight packages are available and parking is free. The Pheasant Run MegaCenter is located at 4051 E. Main St., St. Charles. For tickets call (630) 584-MEGA or TicketMaster. For package information call (630) 584-6300.

HEALTH

Fri., Dec. 11

Cancer Treatment

The Midwest Children's Brain Tumor Center at Lutheran General Children's Hospital will present a free lecture on "Nutrition and Other Complementary Therapies in Cancer Treatment" at 8 a.m., Fri., Dec. 11. The presentation, which is part of a free series for the public, caregivers, physicians, nurses and health care professionals, will be in Room 109 of the Victor Yacktman Children's Pavilion of Lutheran General Children's Hospital. For more information, call (847) 723-5105. The Midwest Children's Brain Tumor Center at Lutheran General Children's Hospital is a clinical facility dedicated solely to the care of children with brain tumors and their families.

SCHOOL

Sat., Dec. 12

Christmas Concert

Students from The Willows Academy and Embers Elementary School will perform a Christmas Concert on Saturday, December 12, at 1:30 p.m. in the Christian Heritage Auditorium located at 315 Waukegan Road in Northfield (just south of Willow Road). Tickets will be available at the door. A $2 donation is suggested. For more information, call (847) 824-6900.

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(847) 581-3120

Community Calendar

SINGLES

Dec. 11

North Suburban Shabbat Singles 35+

North Suburban Shabbat Singles (ages 35+) will meet: Dec. 11, Northshore Congregation Israel, 1185 Sheridan Rd., Glencoe. Services at 8 p.m. followed by Oneg Shabbat. For information, call Rosanne (773) 761-6862.

Fri., Dec. 11

Good Time Charley Singles Dance

There will be a Good Time Charley Singles Dance at 8 p.m. on Fri., Dec. 11 at the Willowbrook Ballroom, 8900 S. Archer Ave., Willow Springs. All singles are invited. Admission is $5. For more information call 1 (877) GTCHARLEY.

Dec. 11 & 12

St. Peter's Singles Club

All singles or widowed over 45 are invited to these dances on Friday, Dec. 11 at Tivoli Gardens, 3258 N. Harlem at 8:45 p.m.; and Sat., Dec. 12 at Franklin Park American Legion Hall, 9757 Pacific/Belmont at 8:45 p.m. Cost: $7. Live bands. Coat and tie required.

Sat., Dec. 12

T.G.I.S. Singles

T.G.I.S. Singles will have Big Indiana Super Saturday Dance at 8 p.m. on Sat., Dec. 12 at The Michelangeo Hall, 6220 Broadway, Merrillville, Indiana. Door Prize - Color TV. Optional Meal Buffet for $3 from 9-10:30 p.m. Ladies in free before 8:30 p.m. All singles are invited. Admission is $5. For more information call toll free 1 (877) GTCHARLEY.

Sun., Dec. 13

Good Time Charley Singles Dance

Good Time Charley Singles will sponsor a Free Admission Singles Dance with Free Buffet at 8 p.m. on Sun., Dec. 13 at BG Fellows, 5055 W. 111th St., Alsip. All singles are invited. For more information, call toll free at 1 (877) GTCHARLEY.

Wed., Dec. 16

North Shore Jewish Singles 50+

7:30 p.m. $4. We will be going to the Holocaust Museum at 4255 W. Main St., Skokie. Refreshments. For info. call (847) 676-2872. For membership info. call (847) 359-3556.

Skokie Art Guild

Members of the Skokie Art Guild will be displaying their work at the locations listed below durng the month of December:

McDonalds, 4830 W. Dempster, Skokie - Lydia Hwang;

Bank of Lincolnwood, 4433 W. Touhy, Lincolnwood - Miriam Horn;

LaSalle Bank, 7080 Carpenter Rd., Skokie - Mary Sass;

Liberty Federal, 5700 N. Lincoln, Chicago - Blanch Skorecky.

Guide to the 'Best of California' offered

For anyone who has ever wondered how to make the ultimate Fish Taco or where to find the best bikini, Tessera wines has the answer. The vintner's newly released guide to the "Best of California" is a fabulous compendium of useful and not-so-useful facts and figures covering a wide range of topics related to life in the Golden State. From California's highest point to insider tips on great beaches, it's all included in this amusing and informative booklet.

Tessera wines, produced from the best of California vineyards, are available in fine stores and restaurants across the country. The family of Tessera wines includes Cabernet Sauvignon, Chardonnay, Merlot, and Old Vine Zinfandel.

"Tessera wines are made using vineyards located in appellations throughout the Golden State," explains Tessera winemaker Ken Greene. "In our travels to find the best grapes possible for Tessera wines, we picked up some other useful information along the way. We wanted to share it with our friends, especially those who have enjoyed our wines, but not yet visited our amazing home state."

The 36-page guide includes information on getaways, the Great Outdoors, food & wine, inventions, and interesting though little-known statistics. Recipes for a couple of classic California dishes are included, as well as tips for understanding the basics of wine. To obtain a free copy of Tessera's guide to the "Best of California," please visit the Tessera website at: www.tesserawines.com, or write to Tessera's Best of California, 1200 Jefferson St., Napa, CA 94559.

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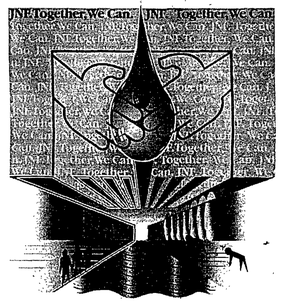
In a New Chanukah Miracle.


On the Menorah, the 9th candle kindles the other 8 flames. Without it, there would be no Chanukah celebration. Today, you can be the 9th candle who creates a new Chanukah miracle. But, instead of making one day's oil supply last for eight days, by giving to the Jewish National Fund, you'll be helping make Israel's water supply last forever!
Without your help, Israel won't have enough water to sustain its population within 15 years. It must:
• Enhance its water harvesting techniques- already the most efficient in the world
• Build more than a dozen new reservoirs
• Clean up polluted rivers and streams
• Recycle more water for use in agriculture and industry
It will be a miracle if we actually accomplish all of this in time. But miracles are what Israel, Chanukah, JNF and you are all about. Together, We Can!
JNF. Together, We Can.
JEWISH NATIONAL FUND
Give to JNF today. Be the 9th candle that makes the miracle possible.
To make a donation to the Water Fund, or to order trees for any occasions, Call 1-800-542-TREE.

Dining / Entertainment

'Deck the Hall' Holiday Concert

The Pavilion Singers of Elk Grove Park District, a musical entertainment ensemble of women and instrumentalists, will present their second annual holiday concert, "Deck the Hall!" on Saturday, December 19 at 7:30 p.m. at the First United Methodist Church of Arlington Heights, 1903 E. Euclid Avenue (between Rand and Arlington Hts. Rd.)

Tickets are $7. Contact Francy, (847) 398-6728, for further information, special seating arrangements, or advance ticket sales. Tickets will also be available at the door.

Celebrate the season at Pheasant Run with 'Cabaret Christmas'

(rear l-r) Joe Garbe, Deb Goldstein, Greg Teghtmeyer, Tommy Hennings, David Heimann, Louie Miller, Carolyn McPhee, & Reyna Larson. (front l-r) Jeff Rausa, Laura Thoma, Nick Foster, Laurie Henderson, & Jeremiah Lucas. Center - C.C. Lewis.

Rockton Productions and Director Diana L. Martinez bring you their latest creation, *CABARET CHRISTMAS*, to spice up your holiday season. This exciting new review features a festive and mystical celebration of music and dance. *CABARET CHRISTMAS* is a delight for all ages with joyful images and a magical atmosphere. So treat yourself to a night of song and dance with some of Chicagoland's most stunning vocalists and phenomenal dancers.

Together, the cast crew and creators of *CABARET CHRISTMAS*, make this holiday one to remember. There's plenty of audience participation and the food is great. So, escape the hectic holidays and have some fun at Pheasant Run Theatre.

Don't miss Pheasant Run's production of *CABARET CHRISTMAS*, showing now - January 3, 1999! Dinner and theatre times are as follows: Thursdays at 7 p.m. (dinner)/8:15 p.m. (performance) Fridays at 7 (dinner)/8:15 p.m. (performance); Saturdays at 4/5:15 p.m. or 8:30/9:45 p.m. and Sundays at 12:30 p.m. (Sunday Brunch)/2:15 p.m. or 5:45/7 p.m. Dinner theatre tickets start at $38; show only tickets start at $20. There will be no performances on Thanksgiving, Christmas Eve or Christmas Day. Special packages and performance times for our New Year's Eve performance. Group, children and senior discounted tickets available. Overnight packages are also available. Parking is free. Ask about our Smoke-Free Performances.

For tickets call (630) 584-MEGA (6342) or Ticketmaster at (312) 559-1212. For overnight packages or further resort information call (630) 584-6300.

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Fri. Dec. 11 Bob Centano Quartet 9pm-1am
Sat. Dec. 12 Lou Di Gangi Swing Band 9pm-12:30am
Sun. Dec. 13 Judy Roberts & Greg Fishman 5pm-9pm
Thurs. Dec. 17 Mike & Salley 6:30pm-10:30pm
Fri. Dec. 18 Mike Martinez Latin Band 9pm-1am
Sat. Dec. 19 Lou Di Gangi Swing Band 9pm-12:30am
Sun. Dec. 20 Judy Roberts & Greg Fishman 5pm-9pm
Thurs. Dec. 24 Jerry Owings 5pm-8pm
MERRY CHRISTMAS
Sat. Dec. 26 Lou Di Gangi Swing Band 9pm-12:30am
Sun. Dec. 27 Judy Roberts & Gregg Fishman 5pm-9pm
Join Us For Our NEW YEARS EVE PARTY featuring Bob Centano Quartet 9pm-2am

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Dining / Entertainment

JDF to host live and silent auction

The Juvenile Diabetes Foundation (JDF) Greater Chicago Chapter announced today that live and silent auctions will be held at its 19th annual fund raising gala - "Faces of Diabetes: In Hope of a Cure." The event will be held on Friday, December 11, from 6 p.m. to 10:30 p.m. at McCormick Place, Lakeside Ballroom and will feature more than 700 items including children's games and toys, spa vacations and other travel packages, sports tickets and memorabilia, dining out packages and unique collectibles.

This year's Live Auction will have guests ready to rev their engines as they bid on the chance to drive laps with paul Newman in one of the PPG cars driven by the Oscar winner himself. The winning bidder also receives tickets to the Cart FedEx championship auto racing at the Chicago Motor Speedway at Sportsman's Park.

The goal of this year's benefit is to raise $1.5 million for diabetes research. Tickets are $200 each (admission for 2) or three for $500 (admission for 6). That same ticket offers you a chance to win a Ferrari automobile or $100,000 in cash.

To purchase tickets for "Faces of Diabetes: In Hope of a Cure," contact the Juvenille Diabetes Foundation Greater Chicago Chapter, 500 North Dearborn, Suite 305, Chicago, Illinois 60610, or call 312-670-0313.

Park Ridge resident to perform in concert

Wayne Staley, Park Ridge resident, will direct and be featured soloist when the Elmwood Park Civic Chorus presents its holiday concert, "Star Travelers," at 8 p.m., December 12 at the Elmwood Park High School auditorium, 8201 W. Fullerton Avenue, Elmwood Park.

The Chorus and other ensembles will perform popular favorites and spiritual Christmas selections. Fred Wurzbacher, Niles resident, and Wally Kozinski, Des Plaines, are members of the Chorus. Tickets are $4 at the door, $3 advance sales. Group rates available. For further information call (708) 453-5847 or (708)453-2992.

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Dining / Entertainment

Midwest Young Artists return for concert

All alumni of the Midwest Young Artists are invited to perform at the annual "Home for the Holidays" concert on Sunday, Dec. 27, at Pick-Staiger Concert Hall on the Northwestern University campus in Evanston, beginning at 7:30 p.m.

Midwest Young Artists, founded in 1993, has grown to serve over 400 talented young musicians in the Chicagoland area, offering 4 orchestras, 4 jazz bands, 3 choruses and an award-winning chamber music program. All returning alumni who wish to perform should visit the MYA website for rehearsal schedule and program details at www.MYA.org or call Dr. Dennis at (847) 328-9998.

Tickets for the December 27 Alumni concert are $10 and $5 and are available by calling the MYA office, (847) 328-9998.

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Swedish Christmas Event to be held

TheSwedish Cultural Society will have its 75th annual Christmas luncheon and sparkling program on Sunday, Dec. 6th at 11:30 a.m. in the elegant Scandinavian Club, 2323 N. Wilke Rd., Arlington Heights, (located on Wilke Rd., just before you get to Rt. 53 going north-west on Rand Rd. - turn south about three blocks).

Famous Norwegian opera singer Richard Anderson will highlight the program. He has toured the opera scenes of Europe as well as American TV-Shows.

Sankta Lucia - harbinger of light in Sweden at Christmas will grace the event in the person of Jamie Susan Carlson - 1st place winner among Illinois high-schools in voice competition.

Another highlight on the program will be Swedish soprano Linda Wallinder from Stockholm. She not only has a lovely voice but has appeared as an actress in Swedish films and on the theatrical stage.

Swedish carols will be sung accompanied by Marcella Carlson of Park Ridge. President and MC is John Nygard of Skokie. The Chicago suburban areas have about 350,000 Swedes - not to mention Chicago - so we extend a welcome to all of you in the general public to come and enjoy a spectacular authentic Scandinavian smorgasbord which the Scandinavian Club in Arlington Heights has to offer on Sunday, Dec. 6th. Be sure to call and reserve with John Nygard, at (847) 677-5181 or Birgit Swanson, at (708) 339-3691.

'The Devil You Say' lecture to be held

Red tights, tail, no shirt, horns - it's the world's greatest basso - Sam Ramey, climbing out of the pit onto the stage. The duel begins. Mefistofele ready to show Faust he can have everything he wants in life if only he can have his soul in the hereafter.

Lyric Opera of Chicago's exciting production of "Mefistofele:", back by popular demand, opens at Chicago's Civic Opera House Monday, Dec. 14. Learn all about Faust's sojourn with Mephistofele from the pleasures of the flesh to the brink of hell from Professor Patrick Cesali, of Oakton College, Sunday, Dec. 6, at Oakton Community College, 7701 Lincoln Ave. in Skokie. His lecture, "The Devil You Say" presented by the Skokie Valley Chapter of Lyric Opera of Chicago is free. Refreshments served after the talk. For further information call (847) 251-1178.

The NSO presents Mozart and Brahms

The Northbrook Symphony Orchestra will feature distinguished guest conductor, Alan Heatherington, to lead their second concert of the season on December 20th. Mr. Heatherington is founder and Artistic Director of Ars Viva, and the Music Director of The New Oratorio Singers. The program will also feature The New Oratorio Singers in Mozart's Requiem.

The NSO has continued to present its very popular Pre-Concert Discussion Series which begins promptly at 2:30 p.m. (prior to the concert). The December 20th discussion will be led by Oakton Community College Professor Patrick Casali. This presentation is free to concert ticket holders.

The concert will be held at the Sheely Center for the Performing Arts at Glenbrook North High School, 2300 Shermer Road, Northbrook. The concert begins at 4 p.m. Single Ticket prices are $25/20/15 for adults and $5 for children and students in the balcony. There is plenty of free parking around the theater. The theater is handicapped accessible.

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Wayne Newton's Christmas Show

This Christmas get into the "Holiday Spirit" with Wayne Newton and Pheasant Run! This world-class entertainer will be performing two exciting concerts at Pheasant Run Resort's Mega Center on Friday, December 18 at 8 p.m. and Saturday, December 19 at 9:30 p.m. Tickets start as low as $30 and are now on sale. Special Holiday Dinner and overnight packages are available and parking is free. The Pheasant Run Mega Center is located at 4051 E. Main Street in St. Charles, IL.

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Niles West to present Disney Extravaganza

Niles West Theater Department will present "A Disney Extravaganza," on Saturday, Dec. 12 at 10 a.m. and 2 p.m. The song and dance review will showcase music from "Cinderella," "The Little Mermaid," "Beauty and the Beast," "Pocahontas," and many others. The show will include huge company dance numbers, beautiful costumes and difficult technical and special effects. Admission is $2 for children and $4 for adults.

For further information call the Niles West Theater Department at (847) 568-3718.

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Community Calendar

Legion welcomes residents to New Year's Eve Party

To welcome in the 1999 year, the Morton Grove American Legion Post #134 will hold their usual gala New Year's Eve party at the Post Memorial Home, 6140 Dempster, on Thursday, Dec. 31st. The social is open to the public.

Reservations are required in advance and must be made prior to Dec. 23rd.

The all inclusive evening cost $65 per couple, singles $32.50.

The evening will begin with hors d'oeuvres and cocktails at 6:30 p.m. Dinner at 7:30 p.m. catered a local restaurant. Dancing will take place to the tunes of Rudy D & his Tone Masters.

Favors and a champange toast will be included at midnight.

An open bar will prevail throughout the evening.

Chairman of the event is Phil Hutchins, 847-963-3063.

For information and reservations call Roger Schmidt, 847-679-1873; Roland Keppen, 847-674-4075; or Ton Terlap, 847-966-8044.

Mayor Scanlon addresses Legionnaires

At the recent commemoration of Veteran's Day, Morton Grove Mayor Dan Scanlon addressed the marchers and guests half way through the parade in ceremonies held at the public library. The day's activities were planned by the Morton Grove American Legion Post #134.

Scanlon, himself a Post #134 Legionnaire, urged the scouts adn youngsters in attendance to "Say No to Drugs".

Then he went on with comments for the Legion Post and those assembled by saying: "Why can't we invite all the kids from all the schools in Morton Grove to hear us talk about our veterans - another worthy subject; and one that we had better reveal to the younger generation in the very near future before the sacrifices made by the veterans of the wars become faint memories to a very few. The next few years may be the last chance we have to bond the veterans with children in our community. This is the challenge I leave with the Legion Post."

In addition to Scanlon, key note speaker was the Rev. Dick Wright, a retired U.S. Army Lt. Col. and chaplain from the St. Luke's Church in Morton Grove.

Master of ceremony at the services was the Post #134 Sr. Vice Cmdr. Jerry Weaver. Those introduced who addressed the scouts and others in attendance were Post Cmdr. Tom Williams, Aux. Pres. Julie Karsten and post past commander Ken Trumball, representing the 7th Dist. American Legion where he is serving as Sr. Vice Cmdr. This year.

Enjoy a wildlife adventure in Costa Rica

Discover the exotic beauty of Costa Rica, a country of lush rainforests, tropical beaches and abundant wildlife, through Oakton Community College's travel/study program. Four tours are scheduled in 1999: Jan. 8 - 19; Feb. 5 - 16; March 12 - 23; and April 16 - 27.

Costa Rica's natural riches are the backdrop for an exciting adventure to its major landmarks. Travel to the top of a rainforest, where hanging gardents of plants and animals are hidden among the tall tropical trees. Make your way to the peak of the Poas Volcano, an 8,900 foot active cinder cone with one of the largest craters in the world. Take a "walk in the clouds" at the Monteverde Cloud Forest, a unique sub-tropical environment and a haven for birds and other wildlife.

For complete intineraries and prices for the trip to Costa Rica, contact Bea Cornelissen at (847) 635-1812.

Free Santa photos in Edison Park

Area kids can have their photos taken with Santa Claus on Thursday and Friday. Santa will pose with local children from 6-9 p.m. on December 10th and 11th at Century 21 McMullen Real Estate, 6400 N. Harlem at Northwest Highway and Devon. Photos are free, candy is free and there's ample free parking for parents at the door.

This is the fourth consecutive year that Century 21 McMullen offered Santa photos. It's a community service from the largest real estate office on the northwest side. Call (773) 631-8300 for information.

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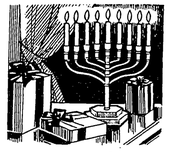
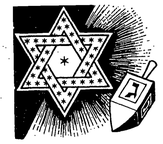


Happy Chanukah



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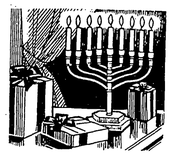

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School News

St. Paul Lutheran Church and School

St. Paul students are showing their support through Exodus World Service for a refugee family from Bosnia. In October the students collected household items such as dishes, cookware, and bed linens, to put together a Welcome Pack. In November the 6th-grade class collected items for a food pack for the family.

St. Paul boys and girls volleyball teams completed against the best Lutheran schools in Illinois in the state championship volleyball tournament during the weekend of November 7th and 8th. The tournament was held in Rockford and saw the boys team win fifth place statewide. Coaches of St. Paul's team were teachers Ron Schaefer, Robin Rocans, and Tina Popovici.

On Wednesday, December 16th, the preschool through eighth-grade classes at St. Paul will celebrate Christmas with a special service. Throughout November and December St. Paul students have been celebrating their blessings by participating in a food drive for less fortunate people. For their weekly chapel offerings, students have brought canned and dry food items to be donated to people in Chicago's Uptown area. In addition, the third-through eighth-grade classes are again participating in an adopt-a-family gift-giving program. Class members are bringing gifts to be given to their adopted families through the Chicago Uptown Ministry. Lower-grade students are giving toys to be distributed to needy children.

It is with great pleasure we pause from the usual routine of business to say
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East Maine Band Boosters to hold dinner

The East Maine Band Boosters organization will be hosting a dinner and program of instrumental music on Friday, February 12, 1999 at the Lone Tree Manor, 7730 N. Milwaukee, Niles, beginning at 6 p.m. in order to raise funds to purchase equipment, instruments, and pay competition fees. While the District 63 school board has continued to fund the program, recognizing the importance of music education in the development of well-rounded students, the fund raiser is being held to cover expenses not provided for in the instrumental music budget.

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Free Winter Holiday Concert to be presented

Maine East once again invites the public to attend the school's traditional holiday concert, set for Sunday, Dec. 13, beginning at 1:30 p.m. in the auditorium. The free concert showcases several groups, including Chamber Choir, Concert Choir, Symphonic Band, and Symphonic Orchestra. Chamber Choir officers are (front, from left) Mike Lu of Morton Grove, Scott Shapiro of Glenview, and Dan Lu of Morton Grove. (top, from left) Melissa Noparstak of Niles, Przemek Kabat of Des Plaines, and Cathy Glinka of Niles. As part of the program, the combined choirs and orchesta will play "America the Beautiful" for the flag presentation, where students carry 75 flags representing the birth nations of Maine East students.

Local student receives scholarship at Lake Forest

The Maine East music department's annual holiday concert is a community tradition showcasing music students in a celebration of both the holiday season and the school's cultural diversity. The free concert begins at 1:30 p.m. in the school's auditorium.

Concert Choir, Symphonic Band, Symphonic Orchestra, the Maine East String Academy, and Symphonic Strings will present a varied program, including selections from "The Nutcracker Suite," Franz Liszt's "Les Preludes," and two Israeli folk songs, "Havenu Shalom" and "Zum Gali."

In keeping with the holiday spirit of brotherhood, students will present 75 flags honoring the birth nations of Maine East families as the combined choirs and orchestra play "America the Beautiful."

Local student receives scholarship at Lake Forest

Timothy Stevens '02, son of Mr. and Mrs. Robert S. Stevens of Lincolnwood, was awarded a Founders Scholarship at Lake Forest College. Stevens is a graduate of Niles Township West High School, Skokie.

School News

Niles North teachers named in 'Who's Who'

Twenty-one teachers from Niles North High School have been included in the fifth edition of Who's Who Among America's Teachers, 1998. All teachers were selected by one or more former students who themselves were listed in either Who's Who Among American High School Students® or The National Dean's List®.

Teachers named included: Samira A. Ahmed, Patricia Caronis Bordenet Frank G. Cardulla, Peter Joseph Christie, Najwa Baidas Dajani, Susan Dobinsky, Patricia Murphy Finnerty, Katherine M. France, Ann Goethals, Michael James Graham, Daniel Paul Gregerman, Kristin Bradshaw Huber, Kevin J. Kelley, Susan Michelle Marks, Lee Miluno, Judith Rochotte Park, Mary F. Rapp, Sarah K. Reed, Robert Andrew Schutt, Hillary Tulley and Donna Virklan.

Oakton Community College Holiday Hours

Oakton Community College will be closed Thursday, Dec. 24 through Sunday, Jan. 3, 1999. In-person and Touch-Tone registration for spring courses will not be available to students during the holiday break.

Normal hours of operation for registration and student services will resume at both Oakton campuses in Des Plaines and Skokie at 8:30 a.m. on Monday, Jan. 4, 1999.

Most classes offered during the spring semester beging Jan. 19. Many courses have later starting dates, so students should check the Spring Credit Class Schedule for specific meeting times.

For more information regarding spring classes, contact Student Services at (847) 635-1741 (Des Plaines) or (847) 635-1417 (Skokie).

* * *

Some people go to priests; others to poetry; I to my friends.
--Virginia Woolf

District 63 Holiday Band Concerts

The East Maine School District 63 Instrumental Music Program has announced that their second annual Holiday Concert series will be held on Decmeber 15 and 16 at Gemini Junior High School, 8955 Greenwood, in Niles beginning at 7:30 p.m. The Sixth Grade Intermediate Band and Jazz Bands I, II, and III will perform on December 15. Selections will include Sombrero, Stolen Moments, and Wrap It Up. GJHS Beginning Band, Concert Band, and Symphonic Band will perform selections including Blazing Fury, Classical Christmas, and Joyance on December 16. In addition, Jazz Band I has been invited to play for the lunchtime holiday shoppers at Golf Mill Shopping Center on Friday, December 11.

Recordings of each of the bands were made in November, and tapes will be available for purchase before the concerts. The District 63 Instrumental Music Program, directed by Brian Budzik, Steve Edsey, and Craig Sunken, currently provides instrumental music instruction to over four hundred students in grades 5 through 8.

DeVry open house

An open house on career opportunities in technology-based business and electronics fields, as well as the educational programs offered at DeVry Institute of Technology, is scheduled for Saturday, December 19, at DeVry's Chicago campus, located at 3300 North Campbell Avenue. A campus tour will begin at 10 a.m., followed by a presentation at 10:30 a.m.

The seminar will include a film on opportunities in technology-based fields as well as several discussion sessions during which DeVry representatives will answer questions on technology career opportunities and DeVry curricula, financial aid and career services.

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Sports / Park & Library News

Lincolnwood Public Library

Acoustic Prisim, Dec. 13

Acoustic Prism, five Chicagoland musicians with a repertoire ranging from traditional folk and blues to comtemporary acoustic music, perform at the Lincolnwood Public Library, 4000 W. Pratt Ave., on Sunday, Dec. 13, at 2 p.m. Playing original music with unique arrangements, Acoustic Prism's selections include traditional songs dating back 150 years up to current materials.

Described as being like "the Weavers on steroids," with everyone contributing to the vocal mix, the group enthusiastically encourages audience participation during the hour-long program. John Cavalier plays lead on the mandolin, with Rick Neely playing banjo and guitar, Chuck Vandervennet, guitar and percussion, Dave Borton 6-string and bass guitars, and Debbie Hackett provides vocals and percussion. Tickets are required and are available free at the circulation desk to Lincolnwood residents three weeks before the program and one week before to non-residents. Phone 847-677-5277.

Internet Scavenger Hunt

Travel through the World Wide Web visiting selected children's sites to find the answers to the questions posed in the Lincolnwood Public Library's Internet Scavenger Hunt for grades three and up. The Hunt begins Tuesday, Dec. 15 and ends Friday, Jan. 8. Pick up a "Hunt" sheet at the Youth Services Desk and use the library's Internet link or your own. Successful hunters will receive a prized.

Winter drop-in crafts times

The Youth Services Department of the Lincolnwood Public Library will have two December drop-in craft times with activites geared to preschoolers through the 5th grade, Tuesday, Dec. 29, 1 p.m. to 3 p.m. and Wednesday, Dec. 30, 10 a.m. to noon. Help decorate the Round Room for the holidays and make something for home.

Holiday closing

The Lincolnwood Public Library will be closed all day Thursday, Dec. 24, and Friday, Dec. 25. The library will be open regular hours on Saturday and Sunday, Dec. 26 and 27.

Trident Senior Men Bowling Results

November 25, 1998
Brunswick Bowl
12:00 noon

POS	Standings - Team - No.	
1	Miner's Team	9
2	Skaja #1	6
3	Colonial	4
4	Candlelight	2
5	Callero & Catino	8
6	Windjammer	17
7	Northshore Auto	3
8	The Bowling Store	11
9	Skaja #2	15
10	Heatmasters	18
11	F.D.R. Post	1
12	Re Max	7
13	White Eagle	12
14	Park National Bank	13
15	Malec & Sons	10
16	Minelli Bros	16
17	State Farm	14
18	Dr Bello	5
19	Monarch Alarm	20
20	Penny's Team	19

"HOT SHOTS"

Art Hoege	611
Wally Zawisza	582
Ray Muntges	557
Tom Poulos	553
Joe Kozbil	546

Senior Men Bowlers needed

Karate classes offered

The Niles Park District and the Illinois Shotokan Karate Clubs will kick off the New Year with a new series of karate classes in January. Classes are available for kids ages 5 through 14, and will meet at the Howard Leisure Center, 6676 W. Howard, Niles.

All classes are taught by instructors under the direction of John DiPasquale, national faculty member of the American Coaching Effectiveness Program (ACEP). DiPasquale, a four time national champion and former United States Karate Team member, is the founder and director of the Illinois Shotokan Karate Clubs, now serving 60 park districts throughout the Chicagoland area.

Classes for 5 to 7 year olds (pre-karate) and 8-14 year olds (youth karate) meet on Mondays. And in cooperation with the Morton Grove Park District, youth and adult classes meet on Mondays at National Park, 9325 Marion, Morton Grove. Pre-, and youth karate classes meet on Wednesdays, also at National Park. The session begins on Monday, Jan. 4 and Wednesday, Jan. 6. Registration is currently being taken through the Niles Park District.

For further information, call the Illinois Shotokan Karate Clubs at (847) 359-0666 or the Niles Park District at 967-6633.

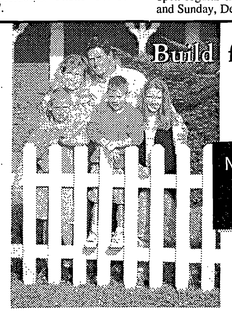
Devonshire Playhouse seeks participants

The Devonshire Playhouse of the Skokie Park District seeks people of all ages who are interested in participating on or back stage for the upcoming musical "Fiddler on the Roof". For more information call Ed Berger, (847) 933-4543.

Holiday Music at the Morton Grove Library

Soprano Barbara Linn Bates and guitarist and baritone Richard Fummeree will perform some of the world's best-loved songs in cabaret-style for the holidays on Sunday, December 13 at 2 p.m. in the Baxter Room. Get in the holiday spirit with this free program of sparkling melodies by Cole Porter, George Gershwin, Edith Piaf, Yves Montand and contemporary composers.

The Library is located at 6140 Lincoln Ave. For more information, or for mobility and communication access assistance, please call (847) 965-4220, for TDD call 965-4236.



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Women's News

Is your child ready for contact lenses?

How old is "old enough" for contact lens wear? The Contact Lens Council (CLC), a non-profit organization serving as an educational resource on vision correction, reports that this is one of the most frequently asked questions concerning vision correction.

Dr. Barry Weiner, chairman of the American Optometric Association's contact lens section and CLC board member, says "There are no hard and fast rules with children and contact lenses - I've fit children as young as 8. Granted, it was a very mature 8-year-old. So much depends on the responsibility level of the child."

Dr. Weiner stresses the need for an eye care professional to assess a child's vision correction needs and to discuss the child's capabilities and maturity level when considering contacts. Personal wear and care regimens will depend upon the type of contact lens prescribed, the nature of the vision problem being corrected, and the child's unique eye chemistry.

Contact lens care is now easier and more convenient than ever before, making contact lens wear for children even a better option. Basic lens care includes cleaning, rinsing, disinfecting, and storing to keep lenses clean, comfortable and free from bacteria. The CLC urges parents and children alike to follow specific instructions prescribed by their eye care professionals.

Advances in contact lens technology are enabling a significant number of infants and toddlers to cope better with serious eye problems. Babies born prematurely are at a high risk of blindness because their retinas are not completely developed at birth. Approximately 4,000 "premies" are affected by this problem each year. While surgery can protect their vision, this procedure often leaves them either very nearsighted or very farsighted. Contact lenses can provide them with the best vision possible and even help with their own vision development. Spectacles are not a practical alternative for this group.

Any parent considering contacts for a child should consult an eyecare professional. For more information on contact lenses, please contact the Contact Lens Council (CLC) at 1-800-884-4CLC or on the internet at: www.iglobal.com/CLC/.

Evening cooking classes offered

Dominican University presents "Holiday Eating and Health," the last class in its fall Look and Cook series, which will be held on Tuesday, December 15, from 6:30 p.m. to 9:30 p.m. The class will be held in the room 122 of the Science Building, 7900 West Division Street.

The Look and Cook series explores the many dimensions of the pleasure of cooking and eating. These hands-on classes are taught by Culinary Institute of America (CIA) or Cooking and Hospitality Institute of Chicago (CHIC) trained instructors.

All classes are held in Dominican's completely updated facility which includes 10 team cooking stations, professional cooking pans and utensils, chef quality knives and an area with a demonstration mirror.

The cost for this class is $10. Class size is limited to 20 participants. Advance registration is necessary. For more information, or to register, please call (708) 524-6906.

* * *

"Limited expectations yield only limited results."
--Susan Laurson Willig

Women in Construction

The O'Hare Suburban Chapter #193 of the National Association of Women in Construction (NAWIC) will meet Tuesday, December 15, at the Avalon Restaurant, 1905 E. Higgins Road, Elk Grove Village.

Reservations for dinner at $20 may be made with Jennie Orawski, Enger-Vavra, Inc. At (847) 678-4200. Social hour is at 6 p.m., followed by dinner at 6:30 p.m.

The program for the evening will be NAWIC's Annual Holiday Party, chaired by Vickie Katsis. Entertainment will be a "surprise". "Toys for Tots" will be collected. Unwrapped gifts will be appreciated.

All NAWIC members, past and present, along with all women interested in construction are invited to attend this wonderful holiday celebration.

For membership information, contact Shari Ralish at (312) 908-4765.

Menopause: A New Beginning

(NAPS) -- Here's encouraging news for older women: A recent poll indicates that women view aging and menopause positively.

Menopause, which represents the end of menstruation, means a new beginning, not a time to fear, according to experts at The North American Menopause Society (NAMS). The group is a leading organization dedicated to educating women about menopause.

A recent survey reveals that over half (51%) of American women between ages 50 and 65 who had reached menopause said they are happiest and most fulfilled now, as compared to when they were in their 20s (10%), 30s (17%) or 40s (16%).

"When we ask women, we continually hear that they view menopause as the beginning of many positive changes in their lives and health," says Wulf H. Utian, MD, PhD, Executive Director of NAMS.

Menopause is a time when many women realize they need to focus on themselves -- in terms of healthy living and self development. Most women have about 30 years of active life after menopause.

NAMS offers a 24-hour toll-free hotline at 1 (800) 774-5342 where you can order a packet of information and referrals, called the MenoPak, for a shipping fee of $5. You can also write NAMS at P.O. Box 94527, Cleveland, OH 44101; call (216) 844-8748.

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Church and Temple News

Jersusalem Evangelical Lutheran Church Services

Jerusalem Lutheran Church, Morton Grove, will hold special Christmas carol services at 8 and 10:30 a.m. on Sunday, December 20. Please join us as we sing many favorite Christmas carols! Jerusalem Lutheran is located two blocks west of Village Hall at 6218 Capulina Ave. For more information, please call Pastor Kleist at 965-7340.

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OBITUARIES

GRAHAM MURRAY

Graham Murray, 40, of Texas (formerly of Australia), died November 22. Beloved son of David and Josie Murray. Beloved husband of Dori (nee Lembcke) Murray, formerly of Morton Grove. Beloved father of Derek, Gregory and the late Danielle. Brother of Annette Murray. Services were held November 25. Arrangements handled by Simkins Funeral Home. Interment was in Ridgewood Cemetery, Des Plaines. Memorials to: American Cancer Society, 820 N. Davis St., Suite 206-A, Evanston, IL. 60201.

ELMER A. JOHNSON

Elmer A. Johnson, 88, of Morton Grove, died November 22 at Forest Villa Nursing Home, Niles. Beloved husband of the late Gretchen (nee Oakman). Beloved father of William E. Johnson and Jolyn Johnson. Brother of Paul and the late Ernest, Everett, Nels, Peggy Gehrke and Carl. Services were held November 25. Arrangements handled by Simkins Funeral Home. Interment was in Acacia Park Cemetery. Memorials to: The Alzheimer's Association, 4709 Golf Rd., Suite 1015, Skokie, IL. 60076.

LEONARD J. KASPRZYK

Leonard J. Kasprzyk, 71, of Park Ridge, died Monday, November 2. He was born Sunday, October 9, 1927 in Chicago. Beloved husband of Adele (nee Mueller) Kasprzyk. Beloved father of Randolph (Mary Ellen) Kasprzyk. Step-brother of Dorothy (the late Arthur) Kuklewski, Loretta (George) Pakucko and the late Norma (Frank) Doruba. Services were held November 5. Arrangements handled by Skaja Terrace Funeral Home. Interment was in St. Adalbert Cemetery, Niles.

ROBERT SMILLIE WALKER

Robert Smillie Walker, 76, of Niles, died Wednesday, November 4 at Lutheran General Hospital, Park Ridge. He was born Saturday, September 23, 1922 in Scotland. Beloved husband of Elizabeth Walker. Beloved father of Bob (Liz) Walker, Marjory (Clyde) Podraza, Sandra (Tom) Parisi and John Walker. Grandfather of 10. Services were held November 7. Arrangements handled by Skaja Terrace Funeral Home. Interment was in Montrose Cemetery, Chicago.

MABEL WERMERSKIRCHEN

Mabel Wermerskirchen, 90, of Morton Grove, died Friday, November 6. She was born Monday, September 21, 1908 in Sheboygan, Wisconsin. Beloved wife of the late Eugene Wermerskirchen. Beloved mother of Frank (Barbara) Wermerskirchen and Rosemary Wermer. Grandmother of 8. Great-grandmother of 11. Services were held November 10 at St. Isaac Jogues Church, Niles. Arrangements handled by Skaja Terrace Funeral Home. Interment was in All Saints Cemetery, Des Plaines.

CHESTER R. KRISS

Chester R. Kriss, 76, of Niles, died Monday, November 9. He was born Sunday, September 24, 1922 in Chicago. Beloved husband of Anne (nee Skawski) Kriss. Beloved father of Steven (Susan) Kriss and Judi-Beth Kriss. Brother of Paul (Janet) Kriss and the late Edward (Evelyn) Kriss. Services were held November 13 at St. John Brebeuf Church, Niles. Arrangements handled by Skaja Terrace Funeral Home. Interment was in Maryhill Cemetery, Niles.

JOSEPH F. JANAS

Joseph F. Janas, 83, of Des Plaines, died Thursday, November 5 at Holy Family Health Center, Des Plaines. He was born Friday, March 19, 1915 in Chicago. Beloved husband of Harriet (nee Kottas) Janas. Beloved father of Joseph (Barbara) Janas, Jane (Kenneth) Russell and John (Patricia) Janas. Grandfather of 6. Services were held November 9 at St. Zachary Church. Arrangements handled by Skaja Terrace Funeral Home. Interment was in St. Adalbert Cemetery, Niles.

JOHN O. BRAESEKE

John O. Braeseke, 71, of Morton Grove, died November 28 at Rush North Shore Hospital, Skokie. Beloved husband of Hilde "Sue." Beloved father of Susan Schwan, Patricia Urbatis, Deborah Jaworski, and John Jr. Grandfather of 5. Great-grandfather of 2. Brother of Phyllis Repine. Services were held December 2. Arrangements handled by Simkins Funeral Home. Memorials to: Morton Grove Community Church, 8944 Austin Ave., Morton Grove, IL. 60053.

CATHERINE ELDREDGE

Catherine Eldredge, 79, of Niles, died November 28 at Genisis East Hospital, Davenport, Iowa. Beloved wife of the late Arthur. Beloved mother of Arthur. Grandmother of nine. Great-grandmother of 19. Sister of Marge, Dorothy and Marie. Services were held December 2 at Drake and Son Chapel, Park Ridge. Arrangements handled by Drake and Son Funeral Home. Interment was in St. Joseph Cemetery.

ETHEL E. SZANKOWSKI

Ethel E. Szankowski, 78, of Niles, died Monday, November 16. She was born Saturday, August 7, 1920 in Chicago. Beloved wife of the late George Szankowski. Beloved sister of Mildred (Edward) Ostrowski and Fr. Alexander Andrews, O.S.B. Services were held November 19 at St. John Brebeuf Church, Niles. Arrangements handled by Skaja Terrace Funeral Home. Interment was in St. Adalbert Cemetery, Niles.

VERONICA B. RUSIN

Veronica B. Rusin, 93, of Niles, died Thursday, November 12. She was born Saturday, November 26, 1904 in Chicago. Beloved wife of the late Stanley Rusin. Beloved aunt of Leonard Kawczynski. Services were held November 16 at St. Andrew Home. Arrangements handled by Skaja Terrace Funeral Home. Interment was in St. Adalbert Cemetery, Niles.

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Church and Temple News

Holiday Worship at St. John Lutheran

The members of St. John Lutheran Church, 7429 Milwaukee Avenue, Niles invite you to join them in special worship services during the holiday season.

The Sunday School students of St. John Lutheran will present "One Night in Bethlehem" Wednesdays, December 16th at 7:30 p.m. Revisit the night of the birth of Jesus, who came to give us the gift of eternal life.

Christmas Eve - Candlelight Services will be held at 5 p.m. and 11 p.m. on Thursday, December 24th. The 5 service will include a special children's sermon and will feature the singing of many favorite Christmas hymns and carols including the singing of "Silent Night" by candlelight. The 11 service will include the celebration of Holy Communion along with the singing of Christmas favorites and featuring the singing of "Silent Night" by candlelight. The Christmas sermon at both of these services is entitled "victory over Darkness" based on Isaiah 9:2-7.

The Christmas Day Festival Service is scheduled for 9:30 a.m. on Friday, December 25th. The Christmas sermon for this service is entitled, "More Than a Small Town," based upon a text from Micah 5:2. Holy communion will be celebrated.

At 7:30 p.m. on Thursday, December 31st, a New Year's Eve worship service will be held. The sermon, "A Great and Wonderful New Year," will be based on Ephesians 1 and Holy Communion will be celebrated.

For further information, call the church office at 847/647-9867.

Outdoor Christmas Live Nativity at St. Michael's

St. Michael's Orthodox Church, 7313 Waukegan Rd., Niles, is presenting an outdoor "Live Nativity Scene" on Sunday, December 13th. The Christmas Story will be narrated by the church school children and will be enacted with a wide cast of characters including live animals on a realistic set created on the grounds of the church. Christmas music will accompany the performance.

The performance is scheduled to begin at 4:30 p.m. and is free to the public. Complimentary hot chocolate and cookies will be served after the performance. For more information, please call Fr. Sam at 847-647-8398. Everyone is welcome -- please join us as we celebrate the true spirit of Christmas.

Jewish Theological Seminary Breakfast set

Aaron Brusso and Hana Gruenberg

On Sunday, December 13, Congregation Beth Shalom of Northbrook, will host a breakfast on behalf of The Jewish Theological Seminary. At that time Rabbi Carl Wolkin, spiritual leader of the congregation, will be accorded recognition for having received an Honorary Degree Doctor of Divinity, honoris causa from the Seminary.

Guest speaker for the event is Aaron Brusso, fourth year Rabbinical student at JTS in New York. The Brusso Family have been members of Congregation Beth Shalom for many years. Aaron will be speaking on "How Do We Navigate The Middle Road: The Complexity of Being a Conservative Jew". Joining with Aaron will be his wife, Hana Gruenberg, who acheived a Masters Degree in Judaic Studies at the Seminary.

Dedicated to the principales of Conservative Judaism, the Seminary bridges the traditional and the modern, the scholarly and the spiritual. The depth and breadth of Judaic scholarship at JTS is unmatched by any other seat of Jewish learning.

For further information, please call (847) 498-4100.

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Our Lady of Ransom New Year's Eve Party

Our Lady of Ransom Parish is hosting its "Annual New Year's Eve Party!" -- December 31, 1998, from 7 p.m. - 1 a.m., in Paluch Hall, lower level of the church, 8300 Greenwood, Niles. Time schedule for the evening: 7 p.m. social hour (serving appetizers; 8 p.m. dinner; 9 p.m. - 1 a.m. dancing music provided by the "Downtown Sound." A "Midnight Sweet Table" is also included. The community is welcome. Admission limited to those 21 and over. Ticket price is $35 per person (which includes appetizers, dinner, dancing, favors champagne toast, beer, soda, wine). To arrange a table for any size group and tickets, call Gigi #847-698-4285 or Adrienne #847-823-0342.

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Police News

Criminal damage to property/possession of cannabis

A 23-year-old Chicago man was driving his 1998 Honda Civic southbound on Caldwell Avenue from Howard Street around 4:15 p.m. Nov. 30, when a 20-year-old Chicago man driving a 1980 Chevrolet Caprice cut off the victim's vehicle and then made an obscene gesture. The victim slowed his vehicle in an effort to avoid the offender's vehicle, but the offender pulled over and waited until the victim's vehicle was near and then drove into the passenger side of the victim's vehicle two times before fleeing the scene.

The victim told police he followed the offender's vehicle until he was able to obtain his license plate number, which he reported to the Niles police. The victim's vehicle sustained damage on the passenger side door and fender and on the rear passenger side wheel well and rear fender.

While on routine patrol driving northbound on Caldwell Avenue at Gross Point Road around 4 p.m. Dec. 4, Niles police observed the offender's vehicle traveling southbound on Caldwell. When police stopped the vehicle, the offender admitted his involvement in the Nov. 30 incident. Police took the offender into custody, and during a search of the vehicle, a plastic bag containing material that tested positive for cannabis was found and inventoried.

The offender was arrested and he and his wife were transported to the Niles Police Department where they both admitted that the arrestee intentionally struck the victim's vehicle. Both claimed that the incident occurred after the victim attempted to strike the arrestee's car. When the victim came to the police department, the arrestee offered to pay $470.30 as restitution of the victim's $500 insurance deductible. The victim accepted, and the arrestee was not charged with criminal damage. A ticket was issued to him for possession of cannabis, and he was released.

*

Police are investigating the report of a 38-year-old Village of Niles employee that unknown offender(s) drove on the lawn of his residence in the 8100 block of Lyons and struck a lighted sign valued at $40 sometime between 9 a.m. and 3:30 p.m. Dec. 2.

*

A 43-year-old convenience store manager reported that unknown offender(s) threw a large rock through a second floor bedroom window of her apartment in the 7700 block of Nordica around 7 p.m. Dec. 2. Police are investigating.

Niles police curb bank robbers' vehicle

Bugle photo by Don Angelo

In order to prevent two brothers from escaping after allegedly robbing the CIB Bank at Dempster and Greenwood in Niles on Wednesday, Dec. 2, Niles police curbed their vehicle by stopping it with their squad cars. The capture of the robbers took place in front of 7400 Waukegan Road after an alert bank teller tripped a silent alarm alerting authorities. The proceeds from the robbery were recovered from the vehicle. A third man in the fleeing vehicle was released without charge.

Forgery

A 32-year-old Niles woman driving a Ford van presented a prescription at the pharmacy in a retail store in the Golf Mill Center around 5:50 p.m. Dec. 3. The pharmacist told the subject to return later to pick up the prescription. The pharmacist attempted to contact three phone numbers listed on the prescription form to verify the doctor's name, but found that no such doctor existed at any of the locations.

When the subject returned and picked up and paid for the prescription, police arrested her. She admitted that she made up the doctor's name and wrote a voluntary statement confessing that she manufactured the prescription form by photocopying an old prescription and forging the prescription and doctor's signature.

Bond was set at $15,000 and a Jan. 4, 1999 court date assigned.

Theft

A district manager of a clothing store at 308 Golf Mill reported Dec. 7 that a 20-year-old Niles woman employed at the store had given her a written statement admitting that when she was assistant manager of the store she approved numerous returns of merchandise that had been stolen from the store by two other employees.

The offender agreed to give back $522 worth of shoes and clothing she had at her residence and gave a verbal statement admitting that she knowingly authorized the returns involving stolen merchandise and that she benefited from the scam.

Another store employee told police that the offender admitted to her that she and the other employees involved in the thefts had stolen between $2,500 and $3,000 worth of store merchandise between July and October.

Stolen vehicle

Police are investigating the report of a 42-year-old resident of the 9100 block of Terrace that unknown person(s) removed his black 1996 Honda Accord from the parking lot of his condominium building sometime between 8 p.m. Dec. 5 and 11 a.m. Dec. 6.

Continued on Page 8

LEGAL NOTICE

Please Take Notice

VILLAGE OF
MORTON GROVE
Cook County, Illinois

PURCHASE OF A

HYDRAULIC OPERATED
MECHANICAL SWEEPER

NOTICE IS HEREBY GIVEN by the President and the Board of Trustees of the Village of Morton Grove, Cook County, Illinois, that sealed bids will be received for the purchase of a hydraulic operated mechanical sweeper.

Bids will be received up to the hour of 10:00 a.m. Local Time, on the 6th day of January, 1999, at the office of the Superintendent of Public Works, 7840 Nagle Avenue, Morton Grove, Illinois, and will be publicly opened and read at that time.

The bidding forms and documents are available at the Office of the Superintendent of Public Works, Village of Morton Grove, Illinois. Bids must be submitted on the forms provided.

The Superintendent of Public Works has the right to refuse to issue specifications and proposals to any person, firm, or corporation that he considers to be unqualified.

The right to waive any irregularity and to reject any or all bids is reserved to the President and Board of Trustees of the Village of Morton Grove.

Dated at Morton Grove, Illinois, this 10th day of December 1998.

David Erb
Finance Director
Village of Morton Grove

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HOLIDAY GIFT GUIDE

Help needy children in Toys for Tots program

Edens Bank will brighten the lives of less fortunate children by accepting donations for the Toys for Tots program. This year marks the fifth year Edens Bank will be participating in the U.s. Marine Corps Reserve's holiday program.

Donations are a crucial part of making this year's holiday season a memorable one for needy and neglected children. Last year was successful for the Marines - 50,124 toys were collected from generous donations and over 32,000 children had a very Merry Christmas. This year Edens Bank hopes to double donations, in order to reach more children during the holiday season.

To participate in this worthwhile program, simply buy any size toy, and drop off your New, Unwrapped donation at any Toy Box location at participating businesses in the Wilmette and surrounding community areas by December 12th. Sites include, Edens Bank, Adams Electric, Baird & Warner, BankOne, Borders Books & Music, First Chicago, Gold Medal Cleaners, harris Bank, KidSense Toy Store, Lad & Lassie Shop, North Federal Savings Bank, North Shore Community Bank, Prairie Shore Properties, Shawnee Service Center, The Coffee Guy, Village of Wilmette, Wilmette Police Dept., Wilmette Bicycle & Sport Shop, and Wil-Ridge Shell Service.

If there is any charitable organization that needs toys this holiday season, they can contact the Toys for Tots hotline at (847) 688-7129 ext. 2869. For more information call Sheila McMahon at Edens Bank, your Toys for Tots Headquarters - (847) 256-9834.

Entertainment Books make great gifts

The new & improved Entertainment Books for 1999 are still available - but only for a short time! The gift that keeps on giving - is the biggest ever, as the north & northwest have been combined into one edition. Other areas also available. The North American Martyrs Council 4338, Knights of Columbus, is again providing them for $35 ea. To order your copy - contact Ken Lee - 847-967-6234. (Local delivery available). All funds will be applied to the special handicapped access project, benefitting many people.

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HOLIDAY GIFT GUIDE

Mark Twain Show Choir schedules winter performances

The Mark Twain Show Choir announced the winter performance schedule. The Show Choir, comprised of fifth and sixth grade students from Mark Twain School, under the direction of Ms. Phyllis Achille, will entertain audiences from youth to seniors at various locations.

On Thursday, December 10, the Show Choir will perform at the Hampton Nursing Home, 8555 Maynard Road, Niles at 10:30 a.m. and at the LaSalle Bank on Greenwood at 11:30 a.m. The Choir is scheduled to perform at Golf Mill Shopping Center on Friday, December 11, at 11 a.m. and a performance at the Breakers Retirement Home on Golf Road, on Wednesday, December 16, at 11 a.m. The Choir will give a final performance on Friday, December 18, at 9:15 a.m. at Mark Twain School.

"Kids Night Out" provides solution for parents during the holidays

Too much going on this holiday season? Harried parents can drop their daughter(s) or son(s) off to "Kids Night Out" while they wrap up last minute details, or just steal a few blissful hours of "peace on earth" - because it's the North Central College baseball team to the rescue!

On Saturday, Dec. 19, from 6-9:30 p.m. the team will chaperone your children, between the ages of 8 and 13, for a fun filled evening that includes batting cages a game room. Swimming, basketball, badminton, dodgeball, kickball and sack races are other options. A PG-rated movie will also be shown.

Parents can rush off to the mall knowing there will be a minimum of one adult chaperone for each five children present.

Charges for "Kids Night Out" are $10 per child, and $8 for each additional child from the same family. A cash concession stand will also be open. All activities will take place in North Central' Merner Fieldhouse, 450 S. Brainard Ave. The fees help raise money for the College's spring baseball season.

After Dec. 19, the final two "Kids Night Out" are scheduled for Jan. 9 and 23. For more information, or to register for any of the sessions, call Cardinal baseball coach Ed Mathey at (630) 637-5512.

Lake Shore Ski Club Annual Holiday Party

Lake Shore Ski Club will host its Annual Holiday Party, this year entitled the Penguin Fantasy Ball, at The Westin River North, 320 North Dearborn, Chicago on Friday, Dec. 11, 1998 from 8 p.m. to 12:30 a.m. All who are interested are cordially invited to join in getting into holiday spirit. Cost is $44 in advance and $49 at the door which includes live music and an elegant holiday buffet with sweets table. Cash bar. Black tie optional.

Lake Shore Ski Club has over 1,200 members from throughout Illinois, Indiana, Wisconsin and Michigan.

For further information and to place reservations, call (708) 786-3992. Advanced reservations recommended.

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Pheasant Run for the Holidays

CABARET CHRISTMAS - Spice up your holiday season this year with Pheasant Run Theatre's all new production, "Cabaret Christmas." This holiday review brings you traditional Yuletide favorites with an exciting new approach. Packed with a variety of song and dance, from rock and country, all the way to gospel, this multi-media evening is sure to get you into the spirit of the season. There's even a Swing Dance version of "Santa Claus Is Coming to Town." The energized cast of "Cabaret Christmas" is filled with some of Chicagoland's best vocalists and dancers. Don't miss. Running through January 3, 1999.

Dinner and theatre times are as follows: Thursdays at 7 p.m. (dinner)/8:15 p.m. (performance) Fridays at 7 (dinner)/8:15 p.m. (performance); Saturdays at 4/5:15 p.m. or 8:30/9:45 p.m. and Sundays at 12:30 p.m. (Sunday Brunmch)/2:15 p.m. or 5:45/7 p.m. Dinner theatre tickets start at $38; show only tickets start at $20. There will be no performances on Thanksgiving, Christmas Eve or Christmas Day. Special packages and performance times for our New Year's Eve performance. Group, children and senior discounted tickets available. Overnight packages are also available. Parking is free. Ask about our Smoke-Free Performances.

CHRISTMAS CAROL BRUNCH - Fabulous food and a jolly atmosphere go hand-in-hand as Pheasant Run Resort's Mega ExpoCenter is transformed into Dickens' classic Olde English Village. Tell your secret wish to Santa and have a free picture taken, plus kids can enjoy entertainment by balloon artists and much more. Then, sing along with strolling carolers and indulge in an exquisite expanded brunch served by a costumed staff. Among traditional holiday specialties are Christmas goose carved to order, plum pudding, fruit cobblers, omelet and pasta stations, plus a dessert extravaganza. This special brunch will be held on Sunday, December 13, 1998. Prices are: $24.95 for adults, $12.95 for children ages 6-12, and kids 5 and under are free!

WAYNE NEWTON'S CHRISTMAS SHOW - This Christmas get into the "Holiday Spirit" with Wayne Newton and Pheasant Run! This world-class entertainer will be performing two exciting concerts at Pheasant Run Resort's Mega ExpoCenter on Friday, December 18 at 8 p.m. and Saturday, December 19 at 9:30 p.m. Enjoy traditional holiday music and signature favorites with this show spectacular of the season. Tickets start as low as $30 and are on sale now. Special Holiday Dinner and overnight packages are available and packing is free. The Pheasant Run Mega ExpoCenter is located at 4051 E. Main Street in St. Charles, IL.

DANCE THROUGH THE DECADES - Ring in 1999 with a real bang! Visit the New Orleans Ballroom for music from the high energy Swing era of the 40's and 50's with Three Cent Stomp or party 60's and 70's style with D.J. Bart Loiacono in the Atrium. Take in the sounds of Don Cagen's Orchestra Chicago performing your favorites from the 80's and 90's in the St. Charles Ballroom. Entertainment starts at 10 p.m. and continues through midnight with a champagne toast and balloon drop, finishing up at 1 a.m. with a Continental Breakfast. Dinner and party packages start at $99 and overnight packages start at $369.

For ***Christmas Carol Brunch*** reservations call (630) 584-6300 ext. 7000.

For package and ***New Year's Eve*** information call (630) 584-6300.

For ***Wayne Newton*** and ***Cabaret Christmas*** tickets call (630) 584-MEGA or Ticket Master.

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HOLIDAY GIFT GUIDE

Cut your own Christmas tree

Looking to recapture that old-fashioned holiday spirit this year? Feeling a little overwhelmed by shopping mall Santas, blinking home video games and rock'n roll Christmas carols?

This might be the year to gather the family together and head to one of the Christmas tree farms near Chicago. Choosing and cutting your own Christmas tree is the type of family activity that revives the holiday spirit and brings back memories of the yuletide traditions of a slower-paced, simpler era.

For a free listing of Chicago area farms and for information on the care and selection of Christmas trees and holiday poinsettias,call our office at (773) 233-0476.

To learn about Christmas tree traditions; care and selection; fun activities for kids and an updated listing of Christmas tree farms in the Midwest and across the United States check out our Christmas Trees & More WEB site at: http://www.urbanext.uiuc.edu/trees/index.html

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RETIREMENT HOME AND NURSING HOME GUIDE

Information Guide

Enjoying The Retirement Years

Guide to:

- Retirement Living
- Assisted Living
- Extended Care

Extended Care And Activities

Retirement / Nursing Home

Public Hotline Number unveiled by Lung Association

In an effort to crack down on truck offenders with excessive sooty diesel emissions, the American Lung Association of Metropolitan Chicago (ALAMC), along with the Illinois Chapter of the Sierra Club and the Illinois Public Interest Research Group, have launched the "Dirty Diesel Clean-Up Campaign."

As a first step in the campaign, a Hotline number has been established so the public can report trucks with black, sooty emissions. The Hotline number is (312) 649-3355. To report a truck with sooty emissions, callers are asked to indicate the truck's location, including the town and nearest intersection, and any identifying features like a company name, registration or license plate number.

For further details on the Hotline program, call (312) 243-2000.

Maine Township seniors and Santa in holiday spirit

Santa thought he was back in his workshop recently as he joined some Maine Township senior volunteers at Maine Township Town Hall. The hardworking seniors were fabricating small holiday ornamental crafts and gifts to be included in "Meals on Wheels" offerings during the holiday season. Some of the industrious seniors hard at work were, clockwise from left: Lucille Abe, Des Plaines; Julia Belt, Niles; Adeline Tajak, Niles; Santa Claus (also known as Maine Township Trustee Bob Dudycz) Phyliss Hall, Des Plaines; Charlotte Ramsey, Des Plaines.

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Holy Family selects Employee of the Quarter

Lech Mazur

Holy Family Medical Center is pleased to announce that Lech Mazur, Patient Care Technician, Cancer Care Center, has been selected as Employee of the Quarter.

This award is given four times a year to Holy Family employees in recognition of outstanding service and excellence in guest relations. Awardees are nominated by their peers and winners are selected by Holy Family's Award and Recognition Committee.

"Lech goes above and beyond the call of duty," states one of many nominators. He is also described as pleasant and always willing to help patients. "Lech's positive attitude toward his patients is attributable to his integrity and outstanding commitment toward patient care," adds another nominator.

Mazur and his wife, Alicja, reside in Chicago, and have two daughters, Agnes and Amelia.

Ashley Court
Retirement Community

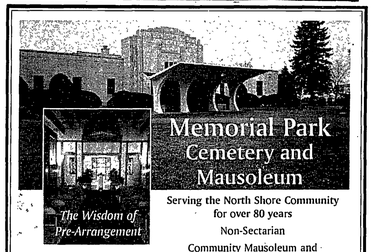
Presents a *Free*
Retirement Guide & Planning Seminar
Wednesday, December 16, 1998
7:00 p.m.

Des Plaines Public Library
841 Graceland Ave., Des Plaines, IL

Make an informed decision about retirement communities and plan ahead for the expense of long term care.

Seating is limited, please call Library Registration Desk for reservations
847-827-5551

Ashley Court Retirement Community
847-228-1500
1750 S. Elmhurst Road
Des Plaines, IL



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Retirement / Nursing Home

Seniors manage health care program at Res

ResCare 65, a free program to help seniors manage their health insurance benefits, is offered by Resurrection Health Care, 7435 West Talcott Avenue.

The program provides individual counseling to help seniors complete paperwork for insurance or Medicare claims and coordinate their health benefits.

To help members keep track of their medical history, ResCare 65 provides a personalized emergency health care card. The wallet-sized card contains information that can expedite care in an emergency situation. The card provides immediate access to personal medical records 24 hours a day from almost any location via a fax machine.

Members also receive discounts on prescriptions, hearing aides and other hearing services at Resurrection Medical Center and Our Lady of the Resurrection Medical Center. A newsletter is sent to each member to provide information on health screenings, educational programs and various health topics.

For membership information on Resurrection's free ResCare 65 program, counselors are available at Resurrection Medical Center at 773-792-5012 and at Our Lady of the Resurrection Medical Center at 773-794-7681.

Film and discussion of 'Shirley Valentine'

In the film Shirley Valentine, a middle-aged, bored, British housewife escapes her humdrum husband and her working-class life for a two-week holiday in Greece. Finding romance there, she discovers her life is completely and delightfully transformed.

View the acclaimed 1989 film and join a post-film discussion lead by Jill Hirt, Ph.D., film instructor. This program, Shirley Valentine or "It's never too late to be what you might have been" (HUM E67-69, Touch-Tone 5335), is part of the Passage Lecture Series sponsored by Oakton's Emeritus Program and the Alliance for Lifelong Learning (ALL). It will be held on Dec. 15 from 1-3:30 p.m. in Room A151 at the Ray Hartstein Campus, 7701 N. Lincoln Ave., Skokie.

Students who have registered for Oakton or ALL classes since 1995 and have a correct Social Security number on file may register for the lecture using the Touch-Tone system by dialing (847) 636-1616. Registration can also be made via fax at (847) 635-1448, in which case payment must be made by a major credit card (Visa, MasterCard or Discover).

Admission to the Passages lecture is $4; those over age 60 who live in-district pay half the listed price. For more information, call (847) 635-1414 or (847) 635-1416.

Free Retirement Guide and Planning Seminar

Are you considering a change of lifestyle for the New Year? The Des Plaines Public Library will host a free educational seminar that will provide information on retirement living choices and planning for the expenses of long term care. The seminar will be held on Wednesday, December 16, at 7 p.m. at the Des Plaines Public Library, 841 Graceland Avenue, Des Plaines. Seating is limited, please call the Library Registration Desk for reservations at (847) 827-5551. There are an amazing number of choices for retirement living today. This seminar will provide the basics for making an informed decision. Speakers will include staff from Ashley Court Retirement Community in Des Plaines and representatives from John Hancock Insurance. There will be time for questions and research in the library after the seminar. Start the New Year with the knowledge you need to plan ahead.

Niles Seniors

The Niles Senior Center Will Be Closed, Thanksgiving Through December 11. The *NEW* Niles Senior Center Will Reopen At 999 Civic Center Drive, Monday, December 14.

No activities or meetings will take place at the Senior Center during this two week period, but the Book Discussion group will meet at the Niles Library on Friday, Dec. 4, the Men's Club Holiday Party will be at the White Eagle Restaurant on Friday, Dec. 4 and the Rockettes Christmas Spectacular will leave from the Golf Mill Food Court on Tuesday, Dec. 8.

The following groups will *not* meet during the month of December. Rules of the Road Refresher Course, Drama Group, Men's Club, Square Dance, and Women's Club.

WITH 25 YEARS OF EXPERIENCE, NOBODY KNOWS ALZHEIMER'S CARE BETTER THAN WE DO

For 25 years, Glenview Terrace Nursing Center has been quietly building a reputation of providing quality skilled nursing care to residents of Chicago's North Shore community. The compassion and clinical excellence of our nursing, medical and therapy staffs have been recognized with the highest accreditation possible by the Joint Commission on Accreditation of Healthcare Organizations – Accreditation with Commendation.

It is with the same compassion and clinical excellence that we developed our Alzheimer's Care Unit – a unit that separates early, middle and later stages of the disease to enhance optimum health, dignity and physical functioning. Residents with early stage Alzheimer's can still enjoy an independent environment with structured activities and supervised outings. Middle stage residents receive the necessary redirection and cues to enhance existing abilities. And, residents with late stage Alzheimer's additionally receive the skilled nursing care required to address their changing physiological needs.

Our intensive, activity-focused programming is individualized and structured to meet the needs of the resident during every stage of the disease and is supervised by staff specially trained by Alzheimer's experts to provide exceptional clinical care and compassionate emotional support. Monthly family support groups and a resource center help provide needed information for families to help them cope in their role as caregiver.

EXPERIENCE — EXPERTISE — COMPASSION. Glenview Terrace has the Alzheimer's Care to help each individual during every stage of the disease. For information regarding our Alzheimer's Care Unit, call Barb Wilczynski at (847) 729-9090.

Glenview Terrace
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Retirement / Nursing Home

Niles seniors celebrate graduation

A group of active senior citizens recently gathered at the Niles Senior Center, 8060 Oakton in Niles, to celebrate their graduation from the Cook County Senior Citizen Law Enforcement Academy. Developed by Sheriff Michael F. Sheahan, the Academy gives participants advice on personal safety and crime prevention as well as a better understanding of the responsibilities and duties of law enforcement officials. Joining the "senior" graduates were top officials from the Sheriff's Office and the Niles Police Department who presented the lectures during the eight-week Academy. For more information on the Senior Citizen Law Enforcement Academy, call (773) 869-7725.

Heart Attack

Coronary heart disease is the single largest killer in the United States. The American Heart Association estimates that 1.1 million Americans will suffer new or recurrent coronary attacks in 1998 and about one-third of them will die.

To reduce your risk of heart attack, the American Heart Association says: Stop smoking; control high blood pressure; eat a low-saturated-fat, low-cholesterol diet; be physically active; and maintain a healthy weight.

Know the warning signs of heart attack!

1) Uncomfortable pressure, fullness, squeezing or pain in the center of your chest lasting more than a few minutes.

2) Pain may spread to the shoulders, neck or arms.

3) Chest discomfort with lightheadedness, fainting, sweating, nausea or shortness of breath also may occur. If you have these symptoms, the American Heart Association says, "Don't wait! Immediately call the emergency medical service or have someone drive you to the nearest hospital."

Oakton Emeritus courses take 'novel' approach to literature

Students with a love of literature and an eye for the "novel" have an opportunity to enroll in two new credit courses in Oakton's Emeritus program this spring. These 16-week classes run Jan. 19 through May 14 and are held at Oakton's Ray Hartstein campus, 7701 N. Lincoln Ave., Skokie.

Gangsters in Literature [EGL 290-001, Touch-Tone 0113] studies the role of the gangster in the context of American ethnicity. A selection of novels, short stories and non-fiction will be read, including works by F. Scott Fitzgerald, Mario Puzo and local authors Maxine Chernoff and Joseph Epstein. This class meets on Thursdays from 1-3:50 p.m.

Masterpieces of Western Literature: Focus on the Quest [EGL 241-001, Touch-Tone 6995] examines how famous authors of fiction, drama and poetry have used tales of travel and exploration to discover inner realities. Texts include A Passage to India by E.M. Forster; Portrait of a Lady by Henry James; Being There by Jerzy Kosinski; and 50 Stories of the Quest, an anthology of works by Willa Cather, Kate Chopin and others. This class meets on Wednesdays from 1-3:50 p.m.

Students can register for these and other Emeritus spring credit courses in Room A100 at the Skokie campus and in Room 1260 at the Des Plaines campus, 1600 East Golf Road. Those who have registered for Oakton or Alliance for Lifelong Learning (ALL) classes within the last three years and have their correct Social Security number on file may register by the Touch-Tone telephone system at (847) 635-1616.

Tuition is $39 per credit hour for district residents under the age of 60; $19.50 per credit hour for residents over 60; and $148 per credit hour for non-residents. Additional registration fees may apply, depending on residency and enrollment status.

For a brochure listing all of the programs, seminars and tours available, including registration information, call the Emeritus office at (847) 635-1414.

* * *

Silences make the real conversations between friends.
--Margaret Lee Runbeck

Regency
Adult Day Care Center
OUR PRIDE SHOWS

Enjoying the lovely Riverview Garden at Regency's Adult Day Care Center are administrator Elizabeth Hovious and club member Eunice Hough.

At Regency's Adult Day Care Center, seniors are able to enjoy a full day of meaningful activities in a structured and supervised setting, returning home in the evenings and on the weekends. The program is open Monday through Friday, from 7:00 a.m. to 6:00 p.m. Participants may attend from two to five days per week, for full or half days.

The Center provides a place where an elderly person who normally spends the day alone can enjoy companionship and involvement. The program also provides great assistance for adult children who work and need someone to look after mom or dad.

Regency has wheelchair-accessible buses to take clients to and from the adult day care center. In addition, there is an outpatient rehabilitation center conveniently located on-site, providing physical, occupational, and speech therapy if needed.

Regency's Adult Day Care Center enables seniors to continue living at home, while offering them a variety of enjoyable activities and outings. Call to learn more about this innovative approach to promoting independence for seniors.

REGENCY ADULT DAY CARE CENTER
6625 N. Milwaukee Ave.
Niles, IL 60714

Call (847) 647-1511 for more information

Norwood Park Home residents see unusual animals

Residents of Norwood Park Home, 6016-20 N. Nina Ave., Chicago, received a special treat when Ed and Annette's Monkeys & More, Chicago, presented their one-hour animal show. Among the live animals displayed and discussed were a monkey, tortoise, puma (cougar), two snakes, a chinchilla, and an alligator. The animals were taken through the audience and residents, such as Marie Banash, had the opportunity to see and pet them, as it was done quite carefully under the watchful eye of Ed Parzygnat, animal trainer. The program, which was both educational and entertaining, was sponsored by Gordon Foods Service, of Grand Rapids, Michigan, a supplier of Norwood Park Home. Programs of this type are regular functions coordinated by the Activities Department of Norwood Park Home.

Senior Fellowship at Edison Park Lutheran Church

Edison Park Lutheran Church Senior Fellowship invites all seniors to a gathering on Thursday, Decmeber 17, 1998.

The afternoon will begin at 11:15 a.m. with an Ecumensical Worship service. A catered luncheon, through the courtesy of the M.J. Suerth Funeral Home, will be at 12 noon. Reservations must be made no later than Monday, December 14, 1998. Call the church office at 773-631-9131.

Following the luncheon, we will share holiday music and song with Bob Bielfuss, professional entertainer.

You Are Invited
to an
Open House and Social Hour
at
Norwood Park Home
Wednesday, December 16th, 1998
2 p.m. to 4 p.m.
Receive a personalized tour, have coffee, (keep the mug) and cookies with us. Free Blood Pressure Screenings by Hospice of the North Shore.
Norwood Park Home
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(773) 631-4856

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Addolorata Villa offers apartment living as an affordable choice

Addolorata Villa in Wheeling is a home to enjoy. They feature well-equipped studio, one and two-bedroom apartments, each consisting of a kitchen with refrigerator, range, oven and oak cabinets, carpeting, mini-blinds and ample closet space. They also have elevated electric outlets, individually controlled heating and air conditioning and an emergency call system.

One monthly fee includes your apartment home, dinner served in their lovely Fireside Dining Room, all utilities except ophone, maintenace, scheduled transportation and access to their many amenities.

Their beautifully landscaped campus consists of a courtyard garden complete with a gazebo. A chapel together with a supportive Pastoral Care team provides a peaceful and prayerful environment.

It takes a minimal financial investment to enjoy Addolorata Villa's lifestyle. No large endowments or up-front costs are required. To learn more about the benefits of apartment living at Addolorata Villa, call (847) 215-5531. Addolorata Villa is located at 555 McHenry Road, Wheeling.

Niles Seniors

Please visit us at our new location, 999 CIVIC CENTER DRIVE (behind Village Hall) starting December 14. Look for our open house in February or March, and please remember to set aside Sunday, April 25 for our Special Senior Afternoon.

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Our Award exceeds federal and state requirements for national standards on nursing and rehabilitative healthcare. We are recognized as a leader for our commitment to exceptional quality and service of patient care.

Niles Senior Citizens 967-6100 ext. 376

NILES SENIOR CENTER REGISTRATION

The Niles Senior Center is open to residents of the Village of Niles age 62 and over, and their younger spouses. To register for classes, trips, purchasing tickets, etc., you need to be a member of the Niles Senior Center. If you are interested in obtaining additional Senior Center information, or you wish to become a member, call or visit the Center and be placed on the mailing list.

IMPORTANT NOTICE

The Niles Senior Center will be closed through December 11. The *NEW* Niles Senior Center will reopen at 999 Civic Center Drive, Monday, December 14, at 9 a.m.

The following groups will *not* meet during the month of December. Rules of the Road Refresher Course, Drama Group, Men's Club, Square Dance, and Women's Club.

CARBON MONOXIDE PROGRAM

Carbon Monoxide program offers free residential inspections for carbon monoxide emissions and natural gas leaks. *Appointments may be made by calling the special phone number, 588-8480.*

TOURS OF THE NEW CENTER OFFERED

Tour our brand new facility starting on Monday, Dec. 14 at our new location -- 999 Civic Center Drive (behind Village Hall). To make reservations, call the Senior Center at 588-8420, starting December 14.

BLOOD PRESSURE SCREENING

There will be *NO scheduled blood pressure screening in December. If you need your blood pressure checked, contact Terry Sprengel, RN, BSN, after December 14 for an appointment.* The next regular scheduled blood pressure screening is Wednesday, Jan. 13, from 1 p.m. to 4 p.m.

PROGRAMS TO RESUME AT NEW LOCATION

The following programs will resume at our new location starting on Monday, Dec. 14. Share-A-Craft on Monday, Dec. 14 at 12 noon; Stamp Club on Monday, Dec. 14 at 2 p.m.; Oil and Watercolor on Tuesday, Dec. 15 at 9 a.m.; Choral Group on Tuesday, Dec. 15 at 10 a.m.; Monthly Mailing on Tuesday, Dec. 15 at 12:30 p.m.; Woodcraving on Tuesday, Dec. 15 at 12:30 p.m.; Social Bridge on Tuesday, Dec. 15 at 1 p.m.; Line Dance on Tuesday, Dec. 15 at 1 p.m.; and Social Pinochle on Wednesday, Dec. 16 at 1 p.m.

TICKET SALES

Ticket sales will be held at the NEW CENTER on Friday, Dec. 18 at 9 a.m. (doors open at 8:30 a.m.). Tickets on sale: *January Lite Lunch and Movie* is Friday, Jan. 22 at 12 noon. Enjoy a Chili lunch followed by the adventurous movie *"The Horse Whisperer"*, price: $2. *Ragtime and the Walnut Room* is Wednesday, Feb. 24 from 10 a.m. to 6 p.m. Enjoy time to shop, a chicken pot pie lunch at the Walnut Room and main floor seating for the production of *"Ragtime"*, price: $78. Trip tickets are limited to two per person. Must have a Senior Center Registration Card for each ticket puchased.

CHICAGO: PAST AND PRESENT TRIP

Tickets are still available for this trip scheduled on Tuesday, Jan. 26 from 9 a.m. to 3:30 p.m. to the Chicago Historical Society for a tour and lunch at the Big Shoulder's Restaurant. Following lunch we will visit the Chicago Tribune Freedom Center -- one of the most modern printing operations in the world! Price: $20.

OPEN HOUSE AND SENIOR DAY

Look for our open house in February or March and please remember to set aside Sunday, April 25 for our Special Senior Afternoon.

OVER "90" AND GOLDEN RINGERS WANTED

All Niles seniors celebrating 90 years of age and older, along with couples that are married 50 years in 1999 (must be married in 1949), should submit their name(s), address, and phone number for our Celebration of Seniors Event scheduled in May. Please submit information to the front desk at the Senior Center.

DIABETIC SCREENING

Diabetic Screening is scheduled for Thursday, Jan. 7 from 9 a.m. to 11 a.m. Cost: $1. To make an appointment, call 588-8420.

YARN NEEDED

The Senior Center is requesting left over yarn or scraps of material. Lap robes and shawls are made for veterans at Hines Hospital. Volunteer knitters and crocheters are also needed. If interested, contact the Senior Center. Please hold all donations until we reopen on Monday, Dec. 14.

Morton Grove Senior Citizens 470-5223

MALL SHOPPING

Seniors wishing to join shoppers on a trip to Golf Mill Mall on Tuesday, Dec. 15 should call today to reserve a seat on the bus. Home pick-ups begin at 10 a.m. with arrival at Golf Mill around 11 a.m. Shop and browse for three hours until the bus returns shoppers home at 2 p.m.. Mall trips are scheduled on the last Tuesday of every month at no cost. Call the Morton Grove Senior Hot Line at 470-5223 to make a reservation.

NILES TOWNSHIP HIGH SCHOOLS

Niles North and Niles West High Schools invite seniors to join in on free- or low-cost school productions to be performed this winter. Call 568-3200 (Niles North), or 568-3900 (Niles West) for more details on the following schedule or senior club membership:

At Niles North:
Band Concert, Dec. 15, 7:30 p.m.
Orchestra / Choir Concert, Dec. 17, 7:30 p.m.
At Niles West:
Choir Holiday Concert, Dec. 15, 7 p.m.
Band & Orchestra Holiday Concert, Dec. 16, 7 p.m.

55 ALIVE

55 Alive Mature Driving is an eight-hour two-day course for older motorists. It focuses on the physical changes that accompany aging and on ways drivers can compensate for these changes in improving their driving skills. The next course offered at the Morton Grove Village Hall Senior Center starts at 9 a.m. on both Thursday, Dec. 17; and Saturday, Dec. 19. Call the Senior Hot Line at 470-5223 to sign up.

DIABETES SCREENING

Non-insulin-dependent diabetes is gradual in onset and usually occurs in adults over age 40. Some of the warning signs are: blurred or any change in vision, tingling or itchy skin, slow healing of cuts and bruises, and drowsiness. Free diabetes screenings are available from 9 to 10 a.m. on Tuesday, Dec. 22 in the Morton Grove Village Hall Senior Center. People coming in for the screening should fast from the previous evening meal.

MORTON GROVE VISITING NURSE

The Morton Grove Village Hall Senior Center offers the services of its visiting nurse to residents. The nurse, Mary Kay Andreoni, R.N. will make free home visits to assess health status, recommend modifications for better health, answer questions about prescription medications and suggest other helpful services. Mary's office hours are Tuesday, Wednesday, and Thursday at the Village Hall. Call her at 965-4100, ext. 6109.

HOT LUNCHES

Hot, nutritious lunches are served at 11:45 a.m. every Monday, Tuesday, Wednesday, and Friday in the Morton Grove Village Hall Senior Center to seniors age 60+. The Community Nutrition Network Inc. operates this program, preparing lunches that are one third of a senior's recommmended dietary allowance (RDA), and they're delicious too. The cost of a meal is a suggested donation of between of $2 to $2.50. For information about the lunches or free transportation, call the Morton Grove Senior Hot Line at 470-5223.

POSTAL CARRIER WATCH

U.S. postal carriers in Morton Grove provide a watch service of the homes of disabled or senior citizen residents. Since the carriers are regular visitors to each home, they can maintain surveillance of any mail accumulation in the mailbox. For information about applying for the free Postal Watch program, call the Morton Grove Senior Hot Line at 470-5223.

SUCCESSFUL AGING

Research on aging shows that genetics are the most important factor for the first half of life. In the second half, lifestyle becomes more important than genetics. Researchers have concluded that there are three components to aging successfully: avoid disease, maintain good physical and mental activities, and be engaged in life. Nutrition, exercise, controlling high blood pressure and, for women, maintaining appropriate levels of estrogen, contribute to maintaining good physical and mental functions.

* * * * * *

For more information about these senior services and recreation programs, call the Morton Grove Senior Hot Line at 470-5223, or the Prairie View Community Center at 965-1200. To receive the "Seniors in Morton Grove" newsletter, Morton Grove residents can send $3, and non-residents send $4 to the Morton Grove Park District, 6834 Dempster Street, Morton Grove, IL. 60053.

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New from JOBST
4 low compression support hose
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20% Off Reg. Retail Price
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Physicians Scale
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Accurate weight up to 350 lbs.
Sale Prices Good thru 12-31-98
Reg. Price $345.99
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Walkerworks 4 wheel walker with hand breaks and basket collapsible
Reg. Price $389.99
Sale Price $319.99
YOU SAVE $70.00
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All Lift / Recliner Chairs
10% Off Reg. Retail Price
Prices range from $549.99 to $1187.99
Sale Prices Good thru 12-31-98

Walgreens Home Medical Center Coupon
Redeemable only at Walgreens Home Medical Centers.
All Humidifiers and Vaporizers
20% Off Reg. Retail Price
Reg. Prices from $15.99 to $84.99
Coupon Good Thru 12-31-98

Walgreens Home Medical Center Coupon
Redeemable only at Walgreens Home Medical Centers.
PIK-STIK Reaching aid
Reg. Price $22.99
Sale Price $17.99
YOU SAVE $5.00
Coupon Good Thru 12-31-98

Walgreens Home Medical Center Coupon
Redeemable only at Walgreens Home Medical Centers.
All Bed Gowns
25% Off Reg. Retail Price
Reg. Prices from $15.99 to $26.99
Coupon Good Thru 12-31-98

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708-795-1295

Chicago
2626 N. Central ave.
Between Diversey and Fullerton
773-745-1995

Chicago
7911 S. Cicero Ave.
Scottsdale Shopping Center
773-767-5500

Retirement / Nursing Home

Hospital gala celebrates "Viva La Vida"

Swedish Covenant Hospital's (SCH) annual Benefit Gala, held Saturday, Nov. 7 at the Chicago Marriott Downtown, brought more than 900 guests together for an elegant celebration of "Viva La Vida." The event raised more than $330,000 for the new Family Birthing Center, the final part of Swedish Covenant's new $45 million dollar addition, which opened in early April. "The Birthing Center is growing by leaps and bounds with new life," said SCH President/CEO Edward Cucci, in remarks at the event. "It is truly a multi-national port of entry for new citizens in our community every day."

The funds raised are part of the one million dollar capital campaign pledge by the SCH Service Guild (the hospital auxiliary) which co-sponsors the Gala along with SCH Medical Staff.

Channel 66 News Anchor Edna Schmidt was master of ceremonies for the event. Dr. Guariglia and his wife Sherry Antonini (of Wilmette) were the Gala's chairpersons. Dr. Bruce Silver and wife Audrey Silver (of Highland Park) were co-chairs.

In a surprise announcement, Cucci presented a $5,000 check to Schmidt on behalf of Swedish Covenant Hospital for the Hurricane Mitch victims in Central America.

The evening began with a cocktail and hors d'oeuvres reception. While enjoying live Caribbean steel band sounds, guests mingled and placed bids at a silent auction of more than 400 items, including sports memorabilia, fine art, dining, entertainment and "get-away" gift certificates. Special items include: a guest chef for a day at Chicago's four-star restaurant, Charlie Trotter's, a Fender guitar autographed by legendary Chicago Blues Artist Otis Rush and a chance to be an honorary bat person at a White Sox Game at Comiskey Park.

After dinner, a live auction inspired enthusiastic bidding for an official Chicago Bears Super Bowl XX ball autographed by 42 players, dinner with Pat Brickhouse and a surprise sports celebrity, and a ball autographed by the 1998 6-peat World Champion Chicago bulls. Lucky raffle winners won trips to Sweden, Jamaica and four of the most prized beanie babies. Later in the evening, hospital donors, physicians and employees danced as the Orchestra of the Americas played.

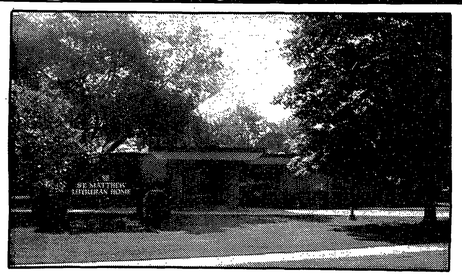
* * *

The best mirror is an old friend.

--George Herbert

St. Matthew Lutheran Home

A loving, caring community of older adults



St. Matthew Lutheran Home in a quiet residential area of Park Ridge, provides services designed to meet the changing needs of adults. We are committed to providing the best services and care to those we serve.

- Long-term nursing care with 24-hour supervision.
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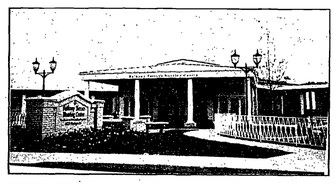

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Retirement / Nursing Home

Support groups offered to those experiencing loss

A six week adult support group is being offered by Hospice of Northeastern Illinois (HNI) in Barrington beginning on Thursday, January 7 for six consecutive weeks running through February 11 from 6:30 to 8:30 p.m. Adult Loss of a Parent Group is for anyone who has experienced the death of a parent.

Hospice of Northeastern Illinois will also sponsor three Grief to Hope Groups. These six week groups are open to anyone who is grieving the death of a loved one. The first Grief to Hope Group will be held in Barrington area starting Wednesday, January 6 running through February 10 from 9:30 to 11:30 a.m. The second group also will be held in the Barrington area starting Thursday, January 7 running through February 11 from 6:30 to 8:30 p.m. The third group will start Wednesday, January 13 running through February 17 from 9:30 to 11:30a.m. in the McHenry area.

Reservations are required and participant privacy is respected. If you are interested in attending one of these groups, please contact Terry Rasmussen or Chris Mezydlo/Bereavement Department at Hospice of Northeastern Illinois to register. Please call (800) 425-4444, for any additional information as well. There is a $25 suggested fee for all groups.

The Hospice of Northeastern Illinois (HNI) founded in 1984, is a not-for-profit community-based organization accredited by the Joint Commission on Accreditation of Healthcare Organizations (JCAHO). HNI's purpose is to support terminally ill patients and their families in Northwest suburban Cook and Lake counties, as well as McHenry, Kane, DuPage and Boone counties. Hospice is dedicated to easing the emotional, physical and spiritual pain that often accompanies terminal illness, promoting a higher quality of life for both patients and their families. HNI offers support groups, educational programs, seminars, and Speaker's Bureau to address a variety of issues. For more information on these services, or to make a referral, please contact our office at (800) 425-4444.

USE THE BUGLE

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Niles Seniors

Come tour our brand new facility starting on Monday, Dec. 14 at our new location -- 999 Civic Center Drive. To make reservations, contact the Center at 599-8420.

LGH presents Ethics for Lunch lecture series

Lutheran General Hospital's Ethics for Lunch series will feature a presentation at noon Tuesday, December 15, entitled "Spirituality: Does It Really Matter in Patient Care?" The program will be held in Johnson Auditorium, Lutheran General Hospital, 1775 Dempster, Park Ridge.

The 55-minute Ethics for Lunch seminars are held twice a month and focus on current ethical issues in health care. These include topics relating to patient care, the health care system, public policy and advances in medical technology.

The presentations are free and open to the public. No reservations are required. For more information, call the department of clinical ethics, 847-723-7847.

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Students help with Holy Family's Spaghetti Dinner

Penny Brydges (Left) with her confirmation students from St. Mary's Catholic Parish in DesPlaines helped make Holy Family Health Center's Annual Spaghetti Dinner and Raffle run smoothly for the day.

After serving 25 pounds of pasta, 45 gallons of meatsauce and 900 meatballs the staff at Holy Family Health Center were pleased with the success of their day, and thank the community at large for helping to support their fundraising efforts. All proceeds go to enhance patient/resident services.

Holy Family Health Center is located at 2380 E. Dempster, DesPlaines. For information call (847) 296-3335.

Bethany Terrace: A proud tradition of service

Bethany Terrace Nursing Centre, a well known site in Morton Grove since 1965, is a not-for-profit division of the Bethany Methodist Corporation which has served the Chicago community for more than 100 years. This nursing facility has been accredited by the Joint Commission on Accreditation of Health Care Organizations which is a professional tribute to their professional standards.

Bethany Terrace combines high quality health care with exceptional service in an environment that is beautiful, spacious, comfortable and secure. The one-level floor plan is intimate and accessible, spacious and sunny. Accommodations are large enough for residents to add personal touches to the furnishings. All their rooms have centrally located emergency call systems and help is always within reach.

The grounds at Bethany Terrance feature landscaped gardens and walking trails which provide an aesthetic surrounding conducive to socialization and stimulation for the residents.

At meal time, residents and their guests can choose the main dining room, private dining, or the Sweet N'Counter Soda Shop. All meals are nutritious and appealing as prepared by our dietitian and staff.

In-house facilities include a beauty/barber shop, crafts center and a residents art gallery. Social programs and recreational activities are also provided.

The on-staff chaplain conducts Bible studies and worship services and is always available to counsel and visit residents. Families are encouraged to visit frequently and there are no specific visiting hours so as to accommodate everyone's busy schedules.

Short term stays are available for physical, occupational and speech therapy while recovering from strokes, fractures, joint replacement surgery and recuperation from other hospitalization.

For further information or to make reservations for a tour of Bethaby Terrace, call (847) 965-8100. Bethany Terrance is located at 8425 N. Waukegan Rd., Morton Grove.

Niles Seniors

Contact Terry Sprengel, RN, BSN, for an appointment. For seniors, 65 and older, or persons 62 to 64 with a chronic illness. Medicare will be billed for your flu shot.

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America's Disabled, Inc

America's Disabled, Inc, is a non-profit organization designed to provide for the medical needs of the homebound elderly and disabled.

Can Diet Work for the Elderly?

by Karen Collins, M.S., R.D., C.D.N.
American Institute for Cancer Research

While many older adults may wonder if it's too late to lower their blood pressure by changing their diets, research is now available that says it's not. In research from four university health centers working together, less sodium in the diet or a modest weight loss was enough to control blood pressure while reducing need for medication for many elderly patients.

The study involved almost a thousand men and women aged 60 to 80 years who required medication to keep their blood pressure controlled. They were assigned to one of the following: a sodium-reduction program, weight loss counseling, a combined weight and sodium-oriented strategy, or to continue their usual care. After three months in these programs, doctors tried to discontinue medication and see if a healthy blood pressure could be maintained without them.

Two and a half years later, a third to a half of those who cut sodium, lost weight or both had been able to maintain a healthy blood pressure without medications; most who simply continued usual care had not. While an earlier study had found that elderly patients using such steps were able to drop their high blood pressure as much as is often achieved with medicine, this study showed that these benefits continued over time.

Although attention to sodium, weight and exercise are the traditional issues in treating high blood pressure without medicine, other research points to additional steps that can be taken. In a large study that included those with mild hypertension that did not focus on the elderly, increasing fruit and vegetable consumption to nine servings a day produced modest blood pressure reductions without any change in sodium consumption. When a decrease in saturated fat and a boost in low-fat dairy use was added to the diet so abundant in fruits and vegetables, the drop in blood pressures was substantial. Researchers suspect that increases in potassium, magnesium and calcium may be involved.

How difficult are such changes to implement? Decreasing sodium consumption by about 1000 milligrams (the amount found in one serving of many canned or dried soups) was enough to drop blood pressure 1.5 to 3 points, while cutting sodium by 1700 to 1800 mg caused average cases of hypertension to drop 2.5 to 5 points. Those who were overweight could drop their blood pressure 2 to 4 points with a loss of only 4 to 8 pounds. In all these studies however, the changes made did not result from patients simply told to eat less salt or handed a list if good and bad foods. Various combinations of group and individual counseling in eight to eighteen sessions over a period of six months or more were the investments made that paid off in better health and less medicine needed.

Some cases of hypertension cannot be controlled through diet alone, but studies show better control and lower doses needed when a healthy lifestyle is added to medical treatment plans.

Controlling blood pressure is very important, since consistently raised levels can lead to heart attack, stroke and kidney damage. Does it matter whether blood pressure is controlled by medication or through a healthy lifestyle? Unlike medications, lifestyle changes such as regular exercise, weight control, limiting sodium and eating plenty of fruits and vegetables don't have to cost more. And their "side effects" include lower risk of diabetes and a major drop in risk of getting cancer. Now the good news is that even for older adults with hypertension, it's not too late to make changes for better health.

"Nutrition Notes" is provided as a public service by the American Institute for Cancer Research, Washington, D.C. 20009.

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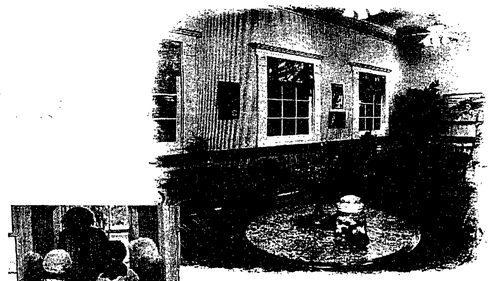

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Retirement / Nursing Home

Regency hosts Family/ Resident activities

The Illinois Council on Long Term Care designated the month of November as "Families: Partners in Care" Month. Across Illinois, nursing facilities developed special programs this month to reach out to families and promote their involvement in facility life. Regency Healthcare and Rehabilitation Centre sponsored a series of special activities in celebration of this statewide program.

Regency has a rich tradition of inviting families to participate in the residents' lives and has sponsored many special family-centered events. The facility has quarterly Family Council meetings; family/resident dinners; family support groups and several special events such as its recent Oktober Fest.

In honor of "Families: Partners in Care," Regency planned a full week of family-resident activities. On Monday, November 30 family members were invited to trim the Christmas trees on their relatives' floors. Families were asked to bring a special ornament for the tree to spark special holiday memories. Everyone was served hot chocolate and enjoyed singing some Christmas carols.

On Tuesday, December 1, Regency had a "Cookie Exchange." Families were invited to make cookies with their relatives and bring a favorite cookie recipe for inclusion in the "Regency Cookie Cookbook." On Wednesday, December 2, families joined their loved ones for an afternoon of Holiday Music. They also enjoyed sampling the cookies that were baked the day before.

On Thursday and Friday, families lent a hand in preparation for Regency's Holiday Bazaar. They helped with baking and crafts and made door items for Regency's "White Elephant Tables." On Saturday, December 5, families were invited to our "Holiday Bazaar." Families also contributed by donating household items for the bazaar; bringing a prize for the Holiday Raffle; or purchasing a baked item from the Bakery Table.

Spaghetti dinner at NPH attracts young and old diners

A crowd of more than 400 diners of all ages flocked to Norwood Park Home (NPH), 6016-20 N. Nina Ave., Chicago, for the recent Annual Spaghetti Dinner. Max Henley, 19 months and the great grandson of NPH resident Ella Sveinsson, was one of the most youthful diners who tackled and took great delight in devouring a plate of hot spaghetti. Diners selected one of three seatings and enjoyed a dinner of all-you-can-eat spaghetti, garlic bread, salad, ice cream, wine, and festive Italian music. A tally of the evening foods prior to preparation included 100 pounds of spaghetti, 30 gallons of sauce, 108 feet of garlic bread, 20 gallons of wine, 40 pounds of lettuce, six gallons of Italian dressing, and 18 gallons of Spumoni ice cream. The event was staffed by volunteers of Norwood Park Home with the proceeds going to benefit the Home's Capital Campaign.

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5. The study requires 5 visits, over approximately 12 weeks, at the Parkside Professional Building, 1875 Dempster St., Park Ridge, IL .

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Go behind the scenes in Washington, D.C.

Experience Washington, D.C., the world's most powerful city, as a participant in the Close Up Program for Older Americans, a tour offered through Oakton Community College's travel study program. One-week tours are planned in April, May, June, September and October 1999.

Join thousands of older Americans who participate in Close Up programs and get a behind the scenes look at Washington, D.C., home to embassies and international organizations. Participants will have a unique opportunity to talk about such issues as the debate on foreign aid, nationalism, and the role of the United States as a world peace-keeper. Attend exclusive seminars which discuss such issues as the Middle East peace process, the future of U.S. - UN relations and human rights in China.

Participants will spend extensive time on Capitol Hill, visit a foreign embassy, tour national monuments and museums and enjoy an evening at the renowned John F. Kennedy Center for the Performing Arts. Visits to Arlington Cemetery, the Smithsonian Institutes and Georgetown are optional.

For complete itineraries for the trip to Washington, D.C., call Bea Cornelissen at (847) 635-1812.

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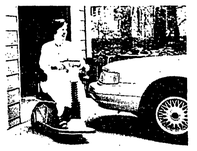

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Home Style

Families of all ages shopping for maintenance-free homes

Most housing analysts credit the rising popularity of condominium-style homes mostly to mature couples with no kids left and a house too large for their needs that demands too much time and energy or maintenance.

But they are only partly right.

At Lincoln Ridge, a master-planned maintenance-free community being developed by Robin Construction Corp. in north suburban Skokie on the Lincolnwood border, more than half the shoppers are under the age of 54. But more than twice as many *buyers* are over 54.

"Of course this does not represent the entire universe, but it suggests an interesting pattern," offers Cynthia Lee, sales manager.

"To begin with, there are a few so-called empty nesters between the age of 45 and 54, one of the segments we analyze. But, for the most part, we find more empty nesters in the above-54 segment than below. What this demonstrates is that younger people who still have children at home -- in many cases two-income families -- are also looking for a maintenance-free home," she suggests.

The data for Lincoln Ridge is somewhat skewed because 11 percent of the visitors declined to reveal their age. But, of those who did, 47 percent were under 54 while 42 percent were above that level.

And while there were more lookers under 54, there were substantially more buyers above 54.

"Excluding the 17 percent of buyers who's rather not say,. 56 percent of our buyers were older than 54, more than twice as many as the 27 percent under that age," said Lee.

Lincoln Ridge is situated on a nine-acre site, approximately two blocks north of Touhy Avenue and just east of the intersection of Skokie Boulevard and Lincoln Avenue.

The $40 million complex will have a total of 188 residences, including 60 one-, two- and three-bedroom residences in each of two six-story masonry condominium buildings and 68 carriage homes. The carriage homes are being built in clusters of 17 buildings, designed in the style of single-family homes, each of which has four two- and three-bedroom, single-level residences.

Prices run from approximately $152,400 to $229,900 for the condominiums and from $246,900 to $289,900 for carriage homes. Prices and availability are subject to change without notice.

Here is a brief description of the two types of residence:

Condominium Homes have from approximately 976 square feet in the one-bedroom, one-bath units to approximately 1,724 square feet for the larger three-bedroom, two-bath designs. One-bedroom plus den, 1-1/2-bath plans have 1,228 square feet with balcony, while two-bedroom homes have one, 1-1/2 or two baths and range from approximately 1,171 to 1,455 square feet.

Each residence has a balcony with sliding doors and screens.

Every condominium owner has one heated indoor parking space and an individual storage locker adjacent to the parking space.

Carriage Homes feature four units in each building; two on the first floor and two on the second floor. They have similar interior appointments, including bathrooms with European-style vanity cabifnets, cultured marble vanity tops with two integral bowls, full-width vanity mirrors, theatrical lighting and ceramic tile floors.Two-bedroom, two-bath carriage homes have approximately 1,647 square feet, including the patio, while the three-bedroom, two-bath plans have 1,885 square feet, including a deck.

Each carriage home has a private front door entry and a private garage with direct access to the home.

Lincoln Ridge is situated just blocks away from the Touhy Avenue entry to the Edens Exp[ressway (U.S. Highway 94).

"It's an ideal location in terms of access to work centers in both downtown Chicago and the suburbs for those owners who are still in the work force, while the proximity to such major shopping centers as Old Orchard, Village Crossing, Lincolnwood Town Center or Northbrook Court, countless dining and entertainment facilities and the Rush North Shore Medical Center is convenient to everyone," pointed out Riachrd Robin, president of Robin Construction Corp.

Condominium and carriage home owners have separate homeowner associations in addition to a master association that will be responsible for exterior maintenance such as landscaping and lawn care and snow removal, as well as the upkeep of common areas.

TheLincoln Ridge sales center at 7440 N. Lincoln Avenue and display models of both condominium residences and carriage homes are open from 10 a.m. to 5 p.m. Monday through Saturday and from noon to 5 p.m. on Sunday.

For additional information, telephone (847) 329-0303.

Laundry do's and don'ts

Don't let your laundry stains get you down. Here's a few tips gathered by Whirlpool consumer assistants to help you tackle the stains of the day:

- Heat is the enemy of stain removal. Clean spills and soils on garments before storing or ironing them. The warmth of a closet, in combination with natural or artificial light, can set stains. Heat from an iron also sets stains and drives soil deeper into the fabric.
- Garment fibers can become damaged if they are brushed or rubbed while wet, especially those of silk, linen and cotton. This damage can look like a white, chalky area on the fabric. Attempting to remove a spill or stain by wetting a napkin or cloth and rubbing the fabric is most often the cause. The damage may not be noticeable until after the garment is cleaned. Instead, gently blot the area.

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Home Style

Keep garage refrigerator in tip-top shape

Old refrigerators seem to never die ... they simply end up in the garage.

Garage refrigerators fill a very important niche in the home. In the summer, they sit stuffed with soda and treats. Wintertime finds them crammed with quantities of food purchased on sale and all the fixings for holiday meals. What a wonderful convenience.

To keep that old refrigerator humming along - and its contents safe - the consumer assistants at Whirlpool Corporation offer the following advice:

Seasonal changes produce the most stress on garage refrigerators. In fact, Whirlpool recommends that refrigerators not be kept in unheated garages in areas where temperature fluctuations are highly varied. As the seasons change, check the temperatures in both the cooling and freezing compartments to make sure they are adequate.

Always use a high-quality termometer. In the cooling compartment, put the thermometer in a glass of water in the middle of the refrigerator. Close the door and leave it in there overnight. When checking it the next morning, be sure to read the thermometer immediately after opening the door for the first time. Desired temperature is between 33 and 40 degrees F.

If the refrigerator has an anti-sweat switch, it should be turned on in the summer and off in the winter. Also check to make sure that the refrigerator is not plugged into an outlet controlled by a wall switch. Somebody could accidentally flip it down and shut off the refrigerator! If the unit is connected to a ground fault circuit interrupter, check it frequently to prevent food spoilage.

All food stored in the garage refrigerator should be promoted to the kitchen refrigerator as soon as possible. The oldest items should be brought up first. Leftovers should only be stored in the garage refrigerator for two days or less.

Items intended for long-term storage should be unopened. Generally, delicate foods like ice cream and meat should be kept in the kitchen refrigerator due to temperature fluctuations that can occur in the garage.

USE THE BUGLE

Getting what You want in your kitchen

(NAPS) -- Whether preparing a meal or gathering the family for a special dinner, the kitchen is truly the heart of the home. Because it's the most popular room in the house, people take special care when decorating the kitchen, and with new trends pointing toward customization, homeowners now have more design flexibility in revealing their individual style.

"Traditionally, people designed their kitchens to feature more practical styles, focusing on the future resale value of their homes," says interior designer Pamela Munson of Munson & Company, Inc. "Today, homeowners are realizing they can combine functionality with personal taste, and manufacturers are providing them with more options to do so."

New options from companies like Sterling Plumbing have freed homeowners from selecting standard "cookie-cutter" styles for kitchen fixtures and appliances. With a wider variety to choose from, people are beginning to add their personal decorating touches to everything in the kitchen -- including the sink.

As the central focus of the kitchen, sinks can reflect one's personality given the wide variety of colors, configurations and materials available.

New products like Sterling Plumbing's Kitchen Exclusives Distinction™ Decorative Stainless Steel Sinks allow consumers to express their personal style with unique floral and geometric designs. These patterns are delicately engraved on either the back ledge or outer edge of the sink's surface and offer a spacious basin for easy cleaning of larger pots and pans.

"They allow consumers to accent their kitchen décor without forfeiting the easy maintenance and durability valued in traditional stainless steel sinks," says Munson.

A color brochure of the decorative kitchen sinks is available by calling 1 (800) STERLING or visiting their Web site at: www.sterlingplumbing.com.

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BAHA'I House of Worship visitation event

"The World In Our Backyard" is a reality in Chicagoland. This fact prompted the Council for a Parliament of the World's Religions to develop the Religious and Spiritual Communities Visitation Project which promotes an awareness of and appreciation for religious and spiritual diversity; cultivates a spirit of mutual respect for religious and spiritual identity; and fosters interreligious dialogue for the purpose of mutual understanding.

The Visitation Project, which continues through June of 1999, offers a different religious community as host site each month. It is an opportunity for interested persons and groups to visit and learn about the worship tradition and religious heritage of many of the world's religions that are located in the Chicago metropolitan area. Visitation Project events that have already taken place were hosted by the Sikh Religious Society of Chicago, the Anawim Center of the Native American Community, and the Islamic Foundation.

The next visitation event will be hosted by the Baha'i House of Worship, Sheridan and Linden, Chicago, at 11 a.m. on Sunday, December 13.

The visitation series is free and open to the public. However, reservations are required. Contact the Parliament office at (312) 629-2990 for reservations and further information regarding the Baha'i House of Worship visit.

***

Ultimately, the bond of all companionship, whether in marriage or friendship, is conversation.

—Oscar Wilde
De Profundis

Celebrate the joy of the season

Come and celebrate the joy of the season with Good Counsel High School, 3900 W. Peterson Ave., Chicago. The Good Counsel Fine Arts Department presents "Sounds of Christmas" Saturday, December 12th at 7:30 p.m. and Sunday, December 13th at 2:30 p.m. Good Counsel's choirs, bands, and string ensemble will be performing traditional and ethnic carols of yesterday and today.

Santa Claus will make a special appearance for the children. Donations are $5 at the door. Please join us in ringing in the holidays. Hope to see you there! For additional information call (773) 478-3655.

James L. Sobanski Jr.

Army Reserve Pfc. James L. Sobanski Jr. has graduated from the heavy-wheeled vehicle mechanic course at Fort Jackson, Columbia, S.C.

Sobanski is the son of Sarah E. and James L. Sobanski of Des Plaines.

He is a 1998 graduate of Maine West High School Des Plaines.

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SCORE workshops offered chance to obtain a loan

SCORE, the volunteer counseling arm of the Small Business Administration, will give entrepreneurs who complete four half-day workshops in January a *Certificate of Achievement*. Because all banks require a business plan with loan applications, including this certificate with a business plan will demonstrate to the bank (or any interested institution) a person's practical business knowledge, determination and persistence.

Free On-Site Counseling Is Also Available. In addition to workshops, SCORE offers free one-on-one counseling, and a Business Information Center in the Chicago office, which is an excellent source of reference material. If you would like more information on SCORE counseling, locations or workshops, call (312) 353-7724 or visit the web site at http://www.mcs.net/~bic.

January 6: Business Plans: The first and most important step in starting a business. Your personal ROADMAP and a GATEWAY to talking to your BANKER.

January 13: Marketing/Selling: "Two musts" to be successful. How to find your best prospects and how to satisfy them.

January 14: How To Start A Successful Business: A FULL-DAY WORKSHOP to introduce you to the fundamentals of operating a successful business. Basics of Management, Financial Basics, Marketing/Advertising and Legal Structures will be discussed. Your participation is encouraged. *Jump Start Your Business.*

January 20: Talking To A Banker: Every bank loan officer reads the CASH FLOW statement when making a decision about your loan. This workshop offers you the opportunity to ANTICIPATE questions and how to obtain an SBA Guaranteed Loan.

January 27: Taxes/Licenses/Record Keeping: Record Keeping is the least glamorous part of owning a business, but a task that can tell you a great deal about your business' health. Keep good records and pay attention to the numbers. Also know what taxes need to be paid and when to pay them.

All workshops are held at 500 W. Madison Street, Suite 1250, Chicago. Registrations for all workshops are at 8:30 a.m. Half-day workshops end at noon, full-day workshops end at 3:30 p.m. Registration fee for the half-day session is $20, full-day is $40. All fees are payable in advance.

Local residents graduate from McDonald's H.U.

Beckie Mann, of the McDonald's restaurant located on Dempster Street in Skokie, and Esperanza Vasquez of McDonald's on Mt. Prospect Rd., in Des Plaines, have been awarded a Bachelor of Hamburgerology degree from McDonald's Hamburger University (H.U.) for graduating from the University's Advanced Operations Course. All McDonald's restaurant managers, franchisees, mid-management and company executives throughout the world are required to complete this course.

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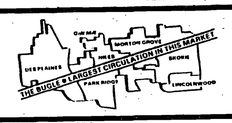

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M/F/V/D EOE

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HR Department
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100 N. River Road
Des Plaines, IL 60616
Fax: 847-297-1862
EOE/M/F/V/D
Holy Family Medical Center

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71 Waukegan Road-Suite 900
Lake Bluff, IL 60044
Fax (847)295-1547
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The Human Services Department is seeking a *Part Time Maintenance Worker.* Responsibilities include: daily set-up/take-down of furniture; maintaining cleanliness of department with daily vacuuming, cleaning bathrooms, emptying trash, etc.; handling deliveries; minor installations and repairs; maintaining equipment for lending closet; running errands for department and other duties as assigned. Hours will be 1:00 p.m. to 5:00 p.m.

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Requirements for both positions include: high school diploma or equivalent; general maintenance skills; ability to lift heavy tables and boxes; minor carpentry, electrical and repair skills; previous maintenance experience and good interpersonal skills. Applicant must have a valid State of Illinois driver's license and good driving record. Salary based on experience.

Apply by December 16, 1998 to:
Personnel Office, Village of Niles
1000 Civic Center Drive, Niles, IL 60714
EOE. M/F

DRIVER/HANDYMAN
Senior Outreach Program Seeks A Driver/Handyman To Provide Transportation, Deliver Meals, And Do Light Home Repairs. Must Have A Working Knowledge Of Norwood Park/Surrounding Areas, Good Driving Record & Experience In Minor Home Repairs. Part-Time/Full-Time.
Please Send Resume To:
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Holy Family Medical Center, a member of the Rush System for Health, is currently seeking a:

HOUSEKEEPING ASSISTANTS
Full-time Days & PMs

We offer competitive salary/benefits packages and on-site child care. For immediate consideration, send/fax your resume to:

HR Department
Holy Family Medical Center
100 N. River Road
Des Plaines, IL 60616
Fax: 847-297-1862
EOE/M/F/V/D
Holy Family Medical Center

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FOR RENT

STORE/OFFICE
Niles/Milwaukee & Courtland
(847) 966-1250

MISCELLANEOUS

PERSONALS

NOVENA TO ST. THERESE

St. Therese of the Child Jesus and the Holy face, I come before you to offer this Novena and beg you to answer the request I now place before you (state request). Say 24 "Glory Be's" each followed by "St. Therese of the child Jesus, pray for us". Say this Novena each day for 9 days starting on the 9th day of the month and ending on the 17th day of the month and promise to spread word of it so others may offer it.

St. Jude's Novena

May the Sacred Heart of Jesus be adored, glorified, loved and preserved throughout the world, now and forever. Sacred Heart of Jesus, pray for us. St. Jude, worker of miracles, pray for us. St. Jude, helper of the helpless, pray for us. Say this prayer nine times a day, for nine days. On the eighth day your prayers will be answered. It has never been known to fail. Publication must be promised. Thank you St. Jude. B.D.

POWERFUL PRAYER TO THE HOLY SPIRIT

You who solve all problems, who lights all roads so that I can obtain my goals. You, who give me the divine gift to forgive and to forget all evil against me and that in all instances of my life, you are with me. I want in this short prayer to thank you for all things and to confirm that I never want to be separated from you, even and in spite of all material illusions. I wish to be with you in eternal glory. Thank you for your mercy towards me and mine. Say this prayer for 3 consecutive days, without mentioning the favor and publish. A favor will be granted. Thank You. B.D.

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Niles police ...

Continued from Page 1

marked police car traveling northbound on Waukegan, the witness said.

The unmarked car swerved in front of the fleeing auto causing it to strike the unmarked police car head-on.

"The police officers got out of their cars and surrounded the [offenders'] car with guns drawn," the witness said. They pulled a suspect out of the passenger side door, brought him to the ground and handcuffed him, she went on.

"They took coats out of the car and searched the car and the trunk," the witness said. A tow truck was at the scene in five minutes. The whole incident was over in about 20 minutes, she estimated.

"They [the police] did a great job," the witness said, "how quick they were and professional."

The three occupants of the car were taken into custody, and the proceeds of the robbery were recovered from the vehicle and its occupants, according to Wilson.

FBI officials were notified and came to the Niles Police Department to coordinate the formal charging and prosecution of the offenders under Federal charges, Wilson said. The Paschal brothers were turned over to the FBI for charging, but the third suspect, a 33-year-old Chicago man, was released without charge.

"It was a good piece of police work," Wilson said. Three police cars sustained body and fender damage in the incident, Wilson said.

According to Jennifer Segrest, FBI media spokesperson,156 bank robberies have been perpetrated in the Chicago and suburban area during 1998, slightly more than last year's 126 area bank heists.

Charles A. Youngblood

Army Pvt. Charles A. Youngblood has entered basic military training at Fort Benning, Columbus, Ga.

Youngblood is the son of David Z. Youngblood of Gleaview.

He is a 1997 graduate of Glenbrook South High School, Glenview.

Pamela R. Kujawinski

Marine Pfc. Pamela R. Kujawinski, daughter of Victoria R. Henderson of Glenview, recently completed basic training at Marine Corps Recruit Depot, Parris Island, S.C. and was promoted to her present rank. The 1995 graduate of Glenbrook North High School of Northbrook, joined the Marine Corps in April 1998.

LEGAL NOTICE
PLEASE TAKE NOTICE

Regency at Home Health Service, Ltd.
6625 N. Milwaukee Ave.
Niles, Illinois 60714
847-647-1116

PUBLIC NOTICE

The Joint Commission on Accreditation of Healthcare Organizations will conduct an accreditation survey of Regency at Home Health Service, Ltd. on January 7, 8, 1999. The purpose of the survey will be to evaluate the organization's compliance with nationally established Joint Commission standards. The survey results will be used to determine whether, and the conditions under which accreditation should be awarded to organization.

Joint Commission standards deal with organizational quality of care issues and the safety of the environment in which are is provided. Anyone believing that he or she has pertinent and valid information about such matters may request a public information interview with the Joint Commission's field representatives at the time of the survey. Information presented at the interview will be carefully evaluted for relevance to the accreditation process. Requests for a public information interview must be made in writing and should be sent to the Joint Commission no later than 5 working days before the survey begins. The request must also indicate the nature of the information to be provided at the interview. Such requests should be addressed to:

Division of Accreditation Operations
Organization Liaison
Joint Commission on Accreditation of Healthcare Organizations
One Renaissance Boulevard
Oak Brook, Terrace, Ill. 60181

The Joint Commission will acknowledge such requests in writing or by telephone and will inform organization of the request for any interview. The organization will, in turn, notify the interviewee of the date, time and place of the meeting.

This notice is posted in accordance with the Joint Commission's requirements.

DATED POSTED: December 7, 1998.

District 71 honored with Magna Award

School board members in one elementary district northwest of Chicago had read the research showing parent involvement boosts student achievement. Acting upon that research, the board put family and community involvement at the very core of the local elementary school system.

As a result, Niles Elementary School District 71 was honored recently with the Magna Award, "with distinction." The award annually recognizes local school boards for taking bold and innovative steps to improve district governance and boost student learning.

In choosing the award winners, judges look for programs that are: 1) developed or actively supported by the school board; 2) the result of appropriate board involvement; 3) important in promoting the district's mission and advancing student learning; 4) bold, innovative, and creative in purpose; 5) capable of being replicated by other school boards with similar conditions and resources; 6) the result of a collaboration between the board and others; and 7) successful in meeting primary objectives.

Niles District 71, a 500-student, ethnically diverse elementary district located northwest of Chicago, established a comprehensive family and community involvement program.

"As program coordinator, I work with an advisory committee to plan, develop, and assess the family education component, and we now offer an array of well-attended programs," said Christa Boske, the district's family and community involvement coordinator.

In the past four years, the district has conducted a series of successful family nights in mathematics, reading, geography and ecology. The district offers parenting workshops, as well, on topics ranging from discipline to school readiness. The district even organizes weekend visits to local museums for interested families, according to Boske.

Meanwhile, the family resource center offers parents the chance to borrow grade-level "skill boxes," creative play boxes, computer games, books, and videos. These skill boxes, for preschool to eighth grade, contain math, language arts, science, social studies, and problem-solving activities, and are checked out more than 150 times a year.

"The skill boxes were created with the help of retired teachers, who designed some of the games themselves," Boske explained. "The state paid for the teachers' time, while the district paid for supplies."

In the third component, a comprehensive school volunteer program, 140 people volunteer their time and expertise to the district. Since 1993, the number of room parents has increased dramatically.

Staff members also may request "resource" volunteers to supplement classroom instruction. The resource volunteers, all community residents, have spoken on subjects such as animal abuse, homelessness, and the Holocaust.

More than 75 people have taken a one-hour training course to become certified school volunteers, who are then placed in long-term volunteer positions.

Through weekly bulletins and a community newsletter, the district keeps parents and other residents informed about the variety of available programs and volunteer opportunities. In addition, a telephone network was set up to communicate with every parent in case of a school emergency.

Board President John Lombardi added, "Niles Elementary schools are committed to improving student achievement by ensuring a higher degree and quality of parent involvement."

Lombardi and Boske discussed their award-winning program on Saturday, Nov. 21 at a panel discussion held as part of the Joint Annual Conference of the Illinois Association of School Boards, Illinois Association of School Administrators and Illinois Association of School Business Officials. The Conference, held November 20 to 22 in Chicago, attracted more than 5,000 school board members and administrators to attend discussion panels, workshops, and other learning opportunities.

The National School Boards Association annually presents the Magna Award to 24 school districts whose boards have integrated innovative and bold improvements to aid student achievement.

In addition to awarding a Grand Prize the judges singled out two other top programs they deemed most outstanding. They designated Niles District 71 "with distinction" for its comprehensive family and community involvement program. And a Pomona, California, school district won "with distinction" for its new approach to gaining classroom space by converting leased mall space into a state-of-the-art education facility.

New government Internet service affects many men

At 10:30 a.m. (EST) on Dec. 2, a "switch" was thrown, giving millions of young men an easier way to fulfill a civic and legal responsibility. As of that moment, 18 through 25-year-old male U.S. citizens everywhere (as well as male non-citizens residing in the U.S.) were able to regtster with the Selective Service System using the Internet.

"This is real, interactive, on-line registration," notes the Honorable Gil Coronado, Director of Selective Service, who activated the new, on-line service. "For nearly two decades men have gone to post offices, completed and mailed a registration form, and waited 60 to 90 days to receive an acknowledgment card from us. A man can still register by mail, but now there is a better way. If he has a valid Social Security number, he simply connects to the Selective Service Web Site at http://www.sss.gov, which links him to the Agency's computers. He clicks on the "Register Now" icon, types in his registration information, clicks on the "Submit" button which appears on the screen, and instantly receives his Selective Service number. Additionally, he receives a formal acknowledgment postcard in the mail within two weeks." The Agency hopes that registration via the Internet becomes the primary way of registering, Coronado notes. The new system will accept on-line registrations between 8 a.m. and 8 p.m. EST weekdays.

Although the U.S. relies on an all-volunteer military today, the Selective Service System and the registration program help America remain prepared to reinstate a timely and fair draft in a future crisis, should a draft become necessary.

VA Great Lakes Health Care System

Veterans....

For over 50 years, the Department of Veterans Affairs has been providing quality health care to America's veterans through the Veterans Health Administration, the nation's largest integrated healthcare system.

The Edward Hines, Jr. VA Hospital is currently accepting enrollment applications for their health care system.

For more information call (708) 343-7200, extension 3092.

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'86 DODGE DAYTONA Stk. #8114A	$2,995	'92 FORD AEROSTAR Stk. #T9300A	$8,200	'96 SABLE LS Stk. #P1845	$14,300
'88 DODGE CARAVAN Stk. #t9356a	$2,995	'92 MERCURY SABLE Stk. #9278A	$8,800	'95 GRAND CARAVAN Stk. #T9336A	$14,400
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'87 FORD E-150 Stk. #T9327A	$3,335	'97 FORD ASPIRE Stk. #P1739A	$8,900	'96 DODGE VAN Stk. #T9516A	$14,450
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'94 MERCURY TOPAZ Stk. #8443A	$4,995	'95 FORD CONTOUR Stk. #8259A	$9,999	'95 BLAZER 4DR 4X4 Stk. #T9535A	$17,800
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'92 FORD TAURUS Stk. #T9551A	$5,500	'94 FORD TAURUS Stk. #8251	$9,999	'98 FORD WINDSTAR Stk. #P1843	$19,400
'89 OLDSMOBILE CALAIS Stk. #P1678A	$5,500	'96 FORD PROBE Stk. #T7869D	$10,500	'98 WINDSTAR GL Stk. #P1842	$19,400
'94 FORD ESCORT Stk. #8399A	$5,555	'97 FORD ESCORT Stk. #8107A	$10,998	'94 FORD MUSTANG Stk. #8464	$19,500
'88 FORD MUSTANG Stk. #P1750A	$5,555	'95 FORD CONTOUR Stk. #8040A	$11,000	'98 FORD WINDSTAR Stk. #P1773	$19,800
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'94 SATURN Stk. #T9436A	$6,500	'97 FORD ESCORT Stk. #8031A	$11,100	'98 FORD WINDSTAR Stk. #8225A	$19,999
'92 FORD TAURUS Stk. #T9279A	$6,500	'96 FORD ESCORT Stk. #9416A	$11,100	'97 GRAND CARAVAN Stk. #T9562	$22,000
'91 FORD EXPLORER Stk. #P1796B	$6,700	'92 EXPLORER Stk. #T9487A	$11,200	'98 FORD EXPLORER Stk. #P1837	$26,200
'94 FORD ESCORT Stk. #8273A	$6,800	'92 EXPLORER Stk. #T9296A	$11,200	'98 EXPLORER ED. BAUER Stk #P1839	$29,750
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'92 PLYMOUTH VOYAGER Stk. #T9430A	$6,995	'96 NISSAN SENTRA Stk. #P1760	$12,200	'86 BUICK 5TH AVE.	Stk. #T9231C1
'93 FORD TAURUS Stk. #T9363A	$7,700	'97 FORD ESCORT Stk. #8218B	$12,200	'86 FORD TEMPO	Stk. #8302A
'94 FORD ESCORT Stk. #D2253A	$7,800	'97 FORD PROBE Stk. #P1766	$12,800	'86 FORD TEMPO	Stk. #8375A
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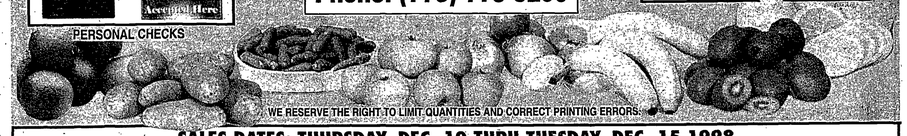

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SALES DATES: THURSDAY, DEC. 10 THRU TUESDAY, DEC. 15,1998

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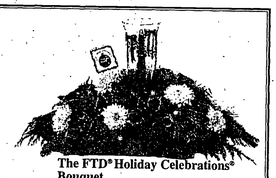

The FTD® Holiday Celebrations® Bouquet

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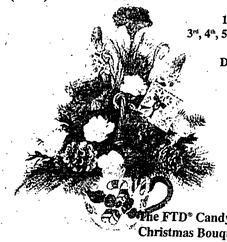

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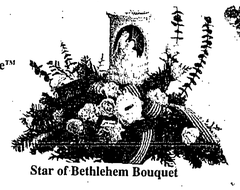

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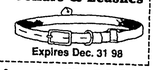

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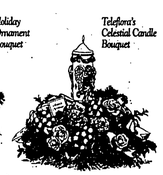

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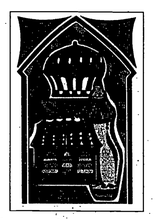

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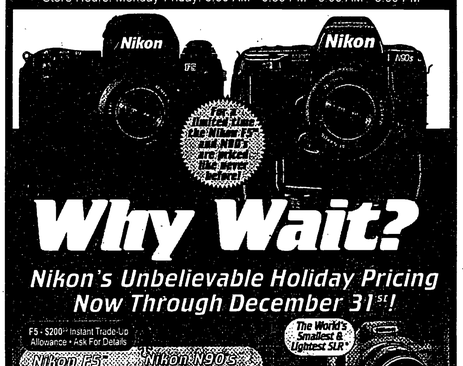

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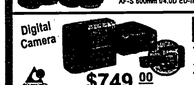

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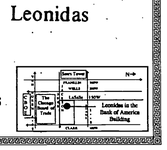

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